ओ३म् कृण्वन्तो विश्वम् आर्यम्

***Om***

***Kriṇvanto Vishwam Aryam***

***Making the Universe Noble***

# The Procedure Of the Sandhyaa and Havan

## संध्या व हवन विधि

**महर्षि दयानंद सरस्वती कृत संस्कार विधि से**

*Extracted from the Sanskaar Vidhi*

*By*

**Maharṣhi Dayaananda Saraswatee**

*In accordance with the recommendations of the Sarvadeshik Dharmarya Sabha*

*NJ Arya Samaj Mandir*

***191-193 Woodlawn Avenue***

***Jersey City NJ 07305***

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**<u>तैयारी और शिष्टाचार Preparation and Etiquettes:</u>**

१. सब समय पर मंदिर पधारें. विशेषतः यजमान अवश्य ही समय से पहले पधारें.
२. सेल फोन आदि मंदिर में घुसने से पहले बंद कर दें.
३. अपने बच्चो पर नियंत्रण रखें. यदि वह शोर करे या उपद्रव मचाएँ तो उन्हे दूसरे कमरे में ले जाएँ ताकि प्रार्थना में व्यवधान न आए
४. उजले रंग के वस्त्र पहने. काले या गहरे रंग वेल वाले वस्त्र न पहनें
५. आसान पर अन्य परिवारो के सदस्यो को भी बैठने दें

1. Show up on time before the start of the prayer service, especially the Yajmaan.
2. Switch off all cell phones and / or any other electronic devices, before entering the Mandir.
3. Families / individuals with child(ren) should ensure that their child(ren) are quite throughout the entire prayer service. Please take your child(ren) to another room if they are noisy or disruptive.
4. Wear light or bright colored clothing. Avoid any dark or dull colored clothing.
5. Happily share the vedi aasana with other families.

**<u>प्रसाद और भोजन की तैयारी: Prasaad and Meals served after the prayer service:</u>**

१. भोजन और प्रसाद को सात्विक तरीके से बनाएँ
   क) दूध, दही, पनीर, मक्खन के अतिरिक्त सभी पशु मूल के पदार्थों का मंदिर में लाए भोजन और प्रसाद में प्रयोग न करें.
   ख) भोजन व प्रसाद स्वच्छ बर्तनों में बनाएँ. उन बर्तनों का प्रयोग न करें जिनमे कभी भी अंडा, माँस आदि पकाया गया हो
   ग) उस रसोई में न पकाएँ जहाँ माँस, अंडा आदि मौजूद हो
   घ) भोजन व प्रसाद बनाने से पहले स्नान करें
   ङ) भोजन व प्रसाद प्रसन्न मन से प्रभु को ध्यान में रखकर बनाएँ
   च) विशेष गंध वाली सब्जियों जैसे प्याज, लहसुन आदि का प्रयोग न करें
२. प्रसाद में नमक का प्रयोग न करें

1. Prasaad and meals for the congregation should be prepared keeping saatvik principles in mind.
   a) All animal origin products except dairy (milk, butter, cheese, ghee, yogurt) are considered non-vegetarian and unfit for human consumption.
   b) Prepare food in utensils that have never been used to cook any non-vegetarian food.
   c) Take a proper bath before the preparation of the food.
   d) Prepare food in kitchen where no non-vegetarian food is present.
   e) Prepare food prayerfully and with happy thoughts in your mind.
   f) Do not use smelly vegetables like onions and garlic in the food prepared to be served in mandir.
2. Do not put any salt in the prasaad

## संध्योपासना Sandhyopaasanaa

१. यदि संभव हो तो आचमन और अंग स्पर्श के लिए एक लोटे में स्वच्छ जल और एक श्वेत तौलिया ले लें. जल उपलब्ध न हो तो भी संध्या अवश्य करें.
२. पद्मासन, सुखासन (पालथी) या अन्य किसी आरामदायक तरीके से बैठे. पीठ और गर्दन सीधी रखे. आँखे अधखुली रखे.
३. संध्या के दौरान ध्यान लगाए और प्राणायाम द्वारा श्वास पर नियंत्रण रखें.
४. मंत्र का उच्चारण करते हुए उसमे निहित भाव की ओर ध्यान दें.
५. ध्यान लगाते हुए प्राणायाम करने का तरीका
   क) मंत्र का मानसिक उच्चारण करते हुए धीरे धीरे श्वास अंदर ले. साथ ही मंत्र में निहित भाव का स्मरण करें. अभ्यास के साथ पूरे मंत्र का उच्चारण एक श्वास में किया जा सकता है.
   ख) श्वास को यथाशक्ति अंदर रोक कर रखें
   ग) मंत्र का मानसिक उच्चारण करते हुए धीरे धीरे श्वास छोड़ें. साथ ही मंत्र में निहित भाव का स्मरण करें. अभ्यास के साथ पूरे मंत्र का उच्चारण एक श्वास में किया जा सकता है.
   घ) श्वास को यथाशक्ति बाहर रोक कर रखें.
   ङ) अगले मंत्र पर जाएँ और यही क्रम दोहराए.

1. Sandhyaa is the foundation of the spiritual experience. Make sure to attend it.
2. If possible, take a "lota" (water cup) and a white towel for aachamana and aṅga sparsha.
3. Sit in a comfortable position, with back and neck erect and eyes slightly closed.
4. Meditate and practice deep breathing throughout the Sandhyopaasanaa.
5. Contemplate on the meaning of the mantra while chanting it.
6. The **steps** for proper deep breathing exercise while meditating are:
   a) Inhale slowly while mentally chanting a mantra and contemplating its meaning. With practice you should be able to mentally chant the whole mantra in a single breath.
   b) Hold the breath as long as you comfortably can.
   c) Slowly release the breath while mentally or softly chanting the same mantra again. Complete this phase and force all air out even if the mantra finishes before the breathing cycle is complete.
   d) Hold the air out as long as you comfortably can.
   e) Now go to the next mantra and follow the same cycle again.

**प्राणायाम की मात्राएँ:** एक अवधि में धीरे धीरे श्वास अंदर लें, दुगनी अवधि श्वास को अंदर रोक कर रखें, फिर एक अवधि में धीरे धीरे श्वास छोड़ें और दुगनी अवधि श्वास को बाहर रोकें. अभ्यास के साथ अवधि बढ़ाई जा सकती है. जितना आराम से हो उतना ही करे ताकि ध्यान में विघ्न ना पड़े.

**Duration of the breathing cycle:** The proper duration for the various stages of the breathing cycle during praanaayaam is: 1 length for breathing in, 2 lengths for holding the breath in, 1 length for breathing out and 2 lengths for holding the breath out. For example, if you take 10 seconds for breathing in, then you should hold the breath in for

20 seconds, exhale out in 10 seconds and hold the breath out for 20 seconds. ***However, work towards it slowly and make sure that you are comfortable enough to be able to meditate***.

**न करे:**

१) मंत्र का उच्चारण ज़ोर ज़ोर से ना करे. मन ही मन में उच्चारण ध्यान लगाने में मदद करेगा. यदि मुँह से उच्चारण करना ही हो तो इतना धीमे से करे की आपके बगल में बैठे व्यक्ति तक आवाज़ न पहुँचें.
२) जल्दबाज़ी न करे. मंत्रों के बीच में विराम लें.
३) सभा में की गयी संध्या में लाउडस्पिकर का प्रयोग यथा संभव न करें.
४) गहरे रंग के कपड़े उर्जा सोखते हैं उन्हे संध्या और हवन के दौरान न पहने.
५) यजमान यदि देर से पधारे तो हवन वेदी पर बैठने की अपेक्षा न करें.

**Don't:**

1. **Don't chant loudly** during Sandhyaa. Mental chants are the best. If you need to chant verbally, chant so softly that person sitting next to you can't hear you.
2. **Don't rush** your chants. Never begin the next mantra while the prior mantra is still unfinished.
3. **Avoid using microphones and amplifier systems** during Sandhyaa**.**
4. **Don't wear dark or dull colored clothing.**
5. Yajmaan, in case you decide to come late, please **don't complain** about not being invited to the hawan vedi.

**Transliteration guide for Romanizing various phonetics:**

Devanagari script has 15 vowels and 39 consonants and it is very difficult to transliterate the original sounds using 26 letters from roman alphabet. Following guideline has been used for transliteration while compiling this booklet.

*Vowels:*

The long vowel sound is represented by double occurrence of a roman vowel

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| अ a | आ aa | इ i | ई ee | उ u | ऊ oo | ऋ ri | ॠ ree |
| ए e | ऐ ai | ओ o | औ au | अं aṅ, añ, aṇ, an, am | अँ aṃ | अः aḥ | |

*Consonants:*

Devanagri has provision for several nasal sounds, retroflex consonants and dual consonants. Please refer to following table for transliteration of the consonants.

| | | | | | | Nasal | Approximant | Fricative | |
|---|---|---|---|---|---|---|---|---|---|
| Guttural कंठय | क ka | ख kha | ग ga | घ gha | | ङ ṅa | | | ह ha |
| Palatal तालव्य | च cha | छ chha | ज ja | झ jha | | ञ ña | य ya | श sha | |
| Retroflex मूर्ध्य | ट ṭa | ठ ṭha | ड ड़ ḍa | ढ ढ़ ḍha | ळ ḷa | ण ṇa | र ra | ष ṣha | |
| Dental दन्त्य | त ta | थ tha | द da | ध dha | | न na | ल la | स sa | |
| Labial ओष्ठय | प pa | फ pha | ब ba | भ bha | | म ma | व va / wa | | |
| Biconsonantal conjuncts | क्ष (क् + ष) kṣha | त्र tra | ज्ञ (ज् + ञ) jña | | | | | | |

**प्रातः कालीन प्रार्थना Early morning Prayers:**

प्रातरग्निं प्रातरिन्द्रं हवामहे प्रातर्मित्रावरुणा प्रातरश्विना ।
प्रातर्भगं पूषणं ब्रह्मणस्पतिं प्रातः सोममुत रुद्रं हुवेम ॥१॥

**Om Praatar agnim praatar indram havaamahe**
**Praatar mitraa varuṇaa praatar ashvinaa**
**Praatar bhagam pooṣhaṇam brahmaṇas-patim**
**Praataḥ somam-uta rudram huvema.**

In the early morning as we begin the day, (as we rise), we invoke Agni, the holy fire, the great purifier; Indra, the cosmic energy; Mitra and Varuṇa, sun and ocean; the Ashwins, twin divinities of nature's energies of prana and udana; Bhaga, spirit of grandeur and glory; Pooṣha, spirit of nourishment and vitality; Brahmaṇaspati, Lord Supreme of the universe and the Divine Word; Soma, herbal energy; Rudra, lord of justice and freedom from evil and ailment.

प्रातर्जितं भगमुग्रं हुवेम वयं पुत्रमदितेर्यो विधर्ता ।
आध्रश्चिद्यं मन्यमानस्तुरश्चिद्राजा चिद्यं भगं भक्षीत्याह ॥२॥

**Om Praatar jitam bhagam-ugram huvema vayam**
**Putram-aditeryo vidhartaa**
**Aadhrash-chidyam manyamaanasturash-ch-idraajaa**
**Chidyam bhagam bhakṣheetyaaha.**

As we begin the day we invoke Bhaga, all victorious lord and spirit of glory, child of indestructible mother Infinity and sustainer of all regions of the universe, universally acknowledged and adored, to whom the weakest as well as the most powerful and brilliant prays and says "O Lord, may I move on the pathway of Dharma to obtain the glory and grace I need".

भग प्रणेतर्भग सत्यराधो भगेमां धियमुदवा ददन्नः ।
भग प्र णो जनय गोभिरश्वैर्भग प्र नृभिर्नृवन्तः स्याम ॥३॥

**Om Bhaga praṇetar bhaga satyaraadho**
**Bhagemaam dhiyam-udavaa dadannaḥ**
**Bhaga pra ṇo janaya gobhir-ashvair-bhaga**
**Pra nribhir-nrivantaḥ syaama**

O Bhaga, lord of power and glory, you are the leader. Lord of light, you are the giver of victory in the field of truth. Lord omniscient, protect and promote this wisdom and intelligence of ours, giving us more and ever more of it. Lord of universal prosperity, provide us with adequate resources of land, cattle, the light of knowledge, speed and success in the field of transport, communication and achievement. O lord of life and humanity let us be blessed with leaders and workers of exceptional all-round qualities.

उतेदानीं भगवन्तः स्यामोत प्रपित्व उत मध्ये अह्नाम् ।
उतोदिता मघवन्त्सूर्यस्य वयं देवानां सुमतौ स्याम[२] ॥४॥

**Om Utedaaneem bhagavantaḥ syaamota**
**Prapitva uta madhye ahnaam**
**Utoditaa maghavant-sooryasya vayam**
**Devaanaam sumatau syaama**

O God, may we be happy and prosperous now, at this very time and at the end of the day, in the middle of the day and through the seasons . And also, O lord of power and glory, let us enjoy the good-will and kindness of the divinities during the day-time and all other times.

भग एव भगवाँ अस्तु देवास्तेन वयं भगवन्तः स्याम ।
तं त्वा भग सर्व इज्जोहवीति स नो भग पुरएता भवेह[३] ॥५॥

—ऋ० मं० ७ । सू० ४१ ॥

**Om Bhaga eva bhagavaaṃ astu devaastena**
**Vayam bhagavantaḥ syaama**
**Tam tvaa bhaga sarva ijjohaveeti**
**Sa no bhaga pura-etaa bhaveha**

Bhaga, lord of glory is really the lord of glory. By virtue of his grace, let us too be masters of power, prosperity, and excellence, brilliant and generous. O lord of universal power and grace, all life and humanity does homage and obeisance unto you. O lord of prosperity and excellence, you alone are worthy to be our guide, pioneer and leader.

As a pelude to Sandhayaa, chant **Om** and **Gayatree Mantra** at least three times, contemplating on their meanings. The **Gaayatree Mantra** has been taught in a disciplic succession by ancient Rishis, to assist us to unlock the source of inspiration.

ओ३म्, (यजु० अ० ४० । मं० १७) भूर्भुवः स्वः । तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्॥
यजुः० अ० ३६ । मं० ३ ॥ ऋ० मं० ३ । सू० ६२ । मं० १० ॥

**Om bhoor bhuwaḥ swaḥ,**
**Tat savitur vareṇyam Bhargo devasya dheemahi,**
**Dhiyo yo naḥ pracho-dayaat.**

| | |
|---|---|
| **ओंकार आद्य अक्षय, अद्वैत अज अनुपम** | **Omkaar aady akṣhay, adwait aj anupam** |
| **अदभुत अजर अजन्मा, अव्यय अनघ अरूपम** | **Ad-bhut ajar ajanmaa, av-yay a-nagh aroopam** |
| **हो सत्य रूप स्वामी, चित चारू चेत धारी** | **Ho satya roop swaamee, chit chaaroo chet dhaaree** |
| **आनंद ओजमय हो, आदर्श आर्त हारी** | **Aanand ojamay ho, aadarsh aart haaree** |
| **प्राणेश! प्रार्थना है, पथ पुण्यमय दिखाओ** | **Praaṇesh praar-tha-naa hai, path puṇya-may dikhaa-o** |
| **मिथ्या ममत्व मत्सर, मल मोह मद मिटाओ** | **Mithyaa ma-matwa mat-sar, mal moh mad mitaa-o** |
| **सेवा सुमन पिरोकार, माला महत बनाऊँ** | **Sewaa suman pirokar, maalaa mahat banaa-oon** |
| **अनुराग भावना से, भगवान पर चढ़ाऊँ** | **Anuraag bhaawa-naa se, bhagawaan par chaḍhaa-oon** |
| **मुद मांगलिक मन से, मैं मोक्ष धाम जाऊँ** | **Mud maaṅgalik man se, mai mokṣh dhaam jaa-oon** |
| **सर्वोच्च शांति सुखकर, सात्विक समृद्धि पाऊँ** | **Sarvochch shaanti sukhakar, saat-wik samriddhi paa-oon** |
| **विश्वात्मा विनय है, वर दीजिए विचारी** | **Vishwaatmaa vinay hai, var deejiye vichaaree** |
| **धी धर्ममय धवल हो, ध्रुव धैर्य ध्यानधारी** | **Dhee dharma-may dhawal ho, dhruv dhai-ry dhyaana-dhaaree** |

*God is dear to me like my own breath. He is the dispeller of my pains, and the giver of happiness. I mediate on the supremely adorable light of the divine creator, that it may inspire my thought and understanding.*

Oh Soul of Life, the Holy King of Kings!
Oh God of all the regions, high and low,
Oh Lord of Joy, Whose Glory nature sings,
Who shapes the earth and lets the mortals grow.
We seek Thy blessed Feet to meditate
Upon Thy Glorious Form of Holy Light
Which drives away the gloom of sins we hate
And makes the souls of righteous people bright.
My heart, oh Father, meekly prays to Thee
To win Thy Grace, to make me good and wise,
And bless my mind with knowledge, full and free
From dark and vicious thoughts of sins and lies.

# अथ संध्योपासना विधिः

# ATHA SANDHYO'PAASANAA VIDHIḤ
## Here Begins the Procedure Of
## Sandhyaa Upaasanaa (Brahma yajña)

We now Commence The Song of the Soul Established In Divine Meditation. We **meditate** on the Supreme Soul and the Universe, to discover our relationship with both.

**FIRST PERFORMANCE**

**आचमन AA-CHAM-ANA:**

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (*Chant the mantra once and sip the water thrice).*

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये।
शंयोरभि स्रवन्तु नः॥ १॥ —यजुः० ३६।१२

1. **Om shanno deveer abhiṣhṭaya 'aapo bhavantu peetaye.**
   **Shanyor abhi sravantu naḥ.**

| | |
|---|---|
| **देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए।**<br>**यह नीर हो सुधामय कल्याण दान दीजिए॥**<br>**नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा।**<br>**बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥** | **Devee swaroop eeshwar poorṇ abheeṣhṭ keeji-e**<br>**yah neer ho sudhaa-may kalyaaṇ daan deeji-e**<br>**Nit riddhi siddhi barse hit ho sadaa hamaaraa**<br>**bahatee rahe hriday me sad-dharm prem dhaaraa** |

**TRANSLATION**

*May the All-Pervading Divine Mother, the Bestower of light and happiness, be helpful to us in satisfying the cravings of our body and soul, and may She shower on us Her blessings and happiness from all around.*

*May the Divine Waters be for our drink and fulfillment. May they continually flow from the fountain of peace all around us.*

*O All-pervading Mother, Sweet and Divine,*
*Be pleased to bless the cravings of my soul*
*To reach thy bosom. May this world of mine,*
*Be filled with peace and bliss from pole to pole.*

**SECOND PERFORMANCE**

**इंद्रिय स्पर्श INDRIYA SPARSHA:**

Touching the limbs with sacramental water, and praying that these limbs may earn me fame (yasha) and strength (bala).

अथेन्द्रियस्पर्शः—

ओं वाक् वाक्। ओं प्राणः प्राणः। ओं चक्षुः चक्षुः। ओं श्रोत्रं श्रोत्रम्। ओं नाभिः। ओं हृदयम्। ओं कण्ठः। ओं शिरः। ओं बाहुभ्यां यशोबलम्। ओं करतलकरपृष्ठे॥

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| 2. **Om vaak vaak** | (Touch lips) |
| **Om praaṇaḥ praaṇaḥ** | (Nostrils) |
| **Om chakṣhuḥ chakṣhuḥ** | (Eyes) |
| **Om shrotram shrotram** | (Ears) |
| **Om naabhiḥ** | (Navel) |
| **Om hridayam** | (Heart) |
| **Om kanṭhaḥ** | (Throat) |
| **Om shiraḥ** | (Head) |
| **Om baahu-bhyaam yasho-balam** | (Shoulders) |
| **Om kara-tala kara-priṣhṭhe** | (Palms, front and back) |

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| **तन मन वचन से होंगे, हम शुद्ध कर्म कारी<br>दुष्कर्म से बचेंगी, सब इंद्रिया हमारी<br>वाणी विशुद्ध होगी, प्रिय प्राण पुण्यशाली<br>होंगी हमारी आँखे, ये दिव्य ज्योति-वाली<br>ये कान ज्ञान भूषित, यह नाभि पुष्टि-कारी<br>होगा हृदय, दयामय! सम्यक सुधर्म धारी<br>भगवान! तेरी गाथा, गाएगा कंठ मेरा<br>सिर मे सदा रमेगा, गौरव गुरुत्व तेरा<br>होंगे ये हाथ मेरे यश ओज तेज-धारी<br>मेरी हथेलियाँ भी होंगी पवित्र प्यारी** | **Tan man vachan se hoṅge, ham shuddh karm kaaree<br>Duṣh-karm se bacheṅgee, sab indriyaa hamaaree<br>Vaaṇee vishuddh hogee, priy praaṇ puṇya-shaalee<br>Hoṅgee hamaaree aankhe, ye divy jyoti-waalee<br>Ye kaan jñaan bhooṣhit, yah naabhi puṣhṭi-kaaree<br>Hogaa hriday, Dayaamay! samyak sudharm dhaaree<br>Bhagawaan! teree gaathaa, gaa-egaa kanṭh meraa<br>Sir me sadaa ramegaa, gaurav gurutw teraa<br>Hoṅge ye haath mere yash oj tej dharee<br>Meree hathe-liyaan bhee hoṅgee pavitr pyaaree** |

## TRANSLATION

O Supreme One! May You inspire virtue and grace in all the limbs of my body, that they may earn me fame and strength. May my speech be sweet and fulfilling. May my breathing provide my body with enough vital air. May I absorb the best influences from the outside world through my eyes and ears. May I exercise control in my sensual passions, and my heart possess harmonizing emotions. May I consume righteous and healthy food (vegetarian), and sustain pious thoughts. And may I use my hands only to worship You and perform good actions.

I make a vow before Thy sacred Throne
To try and hold my mortal heart away
From sin; my human organs shall be prone
To keep the world I give Thee on this day.
My tongue, my nose and both the sides of palm,
My eyes, my ears, the genitals and my heart
My hands, my throat, and head, serene and calm,
Will sure remain from sinful deeds apart.

## THIRD PERFORMANCE

**मार्जन MAARJANA**:

**Seeking God's blessings in purifying the whole body of any impurities (by sprinkling water) and thinking of scrubbing clean all body part and the action performed through them.**

ओं भूः पुनातु शिरसि। ओं भुवः पुनातु नेत्रयोः। ओं स्वः पुनातु कण्ठे। ओं महः पुनातु हृदये। ओं जनः पुनातु नाभ्याम्। ओं तपः पुनातु पादयोः। ओं सत्यं पुनातु पुनश्शिरसि। ओं खं ब्रह्म पुनातु सर्वत्र॥

3. **Om bhooḥ punaatu shirasi.** (Sprinkle the head)
**Om bhuvaḥ punaatu netrayoḥ.** (Eyes)
**Om svaḥ punaatu kaṇṭhe.** (Throat)
**Om mahaḥ punaatu hridaye.** (Heart)
**Om janaḥ punaatu naabhyaam.** (Navel)
**Om tapaḥ punaatu paadayoḥ.** (Feet)
**Om satyam punaatu punash-shirasi.** (Head)
**Om kham brahma punaatu sarvatra.** (All over)

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| **जीवन स्वरूप जगपति! मस्तक पवित्र करदो**<br>**दयार्द्र हो दयामय, नयनों मे ज्योति भरदो**<br>**आनंद मय अधीश्वर, हमको सुकंठ दीजिए**<br>**भगवन हृदय सदन मे, हरदम निवास कीजिए**<br>**जग के जनक हमारी हो नाभि निर्विकारी**<br>**पद भी पवित्र होवे, हे सर्वज्ञानधारी**<br>**पुनि-पुनि पुनीत सिर हो, हे सत्यरूप स्वामी**<br>**सर्वांग शुद्ध होवे, व्यापक विभो! नमामि** | **Jeevan swaroop jaga-pati! mastak pavitr kardo**<br>**Dayaardr ho dayaamay, nayano me jyoti bhardo**<br>**Aanand may adheesh-var, hamko sukaṇṭh deeji-e**<br>**Bhagavan hriday sadan me, hardam nivaas keejie**<br>**Jag ke janak hamaaree ho naabhi nir-vikaaree**<br>**Pad bhee pavitr hove, he sarv jñaan dhaaree**<br>**Puni puni puneet sir ho, he saty roop swaamee**<br>**sarvaaṅg shuddh hove, vyaapak vibho namaami** |

**TRANSLATION**

For complete purity in my entire personality, I pray that The Lord, the basis of all existence, grant me knowledge that can help purify my thinking; my vision; my speech; my hearing; my sensual impulses; my movements; my understanding; and my entire personality; so that all my thoughts and actions conform to the dharma.

But Glorious Father! I am weak and frail
And hence depend on Thy Loving Grace,
My sole efforts will not, O Lord, avail
The frightful host of heinous sins to face.
So, therefore, Lord, I meekly pray to Thee
To make me pure in mind, and too strong
To yield to tempting sins. O make me free
To sit in peace and sing Thy Glory's song.
O Living, Holy, Happy Father, Great,
The Wise and Omnipresent King of all,
The Sole Eternal Master of my fate,
My mind and soul Thy gracious blessings call
To make my head, my eyes and passions pure,
To change my vicious heart; and guide my feet,
To grace my brain and throat, and make it sure
That sin will nowhere find a welcome seat.

## FOURTH PERFORMANCE

**प्राणायाम PRAAṆAA-YAAMA:**

Controlling the breath, and contemplating the qualities of the Supreme Lord.
Please refer to the instructions on page 1.

**ओं भूः। ओं भुवः। ओं स्वः। ओं महः। ओं जनः। ओं तपः। ओं सत्यम्॥** इति प्राणायाममन्त्राः। तैत्ति० आ० प्रंप० १०। अनु० २७॥

4. **Om bhooḥ.**
   **Om bhuwaḥ.**
   **Om swaḥ.**
   **Om mahaḥ.**
   **Om janaḥ.**
   **Om tapaḥ.**
   **Om satyam.**

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| **सर्वेश सर्व-व्यापक, संपूर्ण सर्वज्ञाता<br>शिव सत्य रूप सुंदर, सर्वत्र ही सुहाता<br>सक्रिया सगुण सचेतन, सर्वज्ञ सध्यदाता<br>तेरी शरण मे आया, हूँ आर्त हो विधाता** | **Sarvesh sarva-vyaapak, sampoorṇ sarva-jñaataa<br>Shiv saty roop sundar, sarvatr hee suhaataa<br>Sakriyaa saguṇ sachetan, sarvajñ sadhya-daataa<br>Teree sharaṇ me aayaa, hoon aart ho vidaataa** |

### TRANSLATION

The Supreme Lord is:

**Bhooḥ -** *Dearer than breath, and Basis of all existence*
**Bhuwaḥ -** *Dispeller of all pains, Origin of all becoming*
**Swaḥ -** *Bestower of Happiness*
**Mahaḥ -** *Worthy of Worship, and the Fount of greatness*
**Janaḥ -** *Origin of creativity*
**Tapaḥ -** *Impeller of action*
**Satyam -** *Personification of Truth*

*I meditate on these qualities of God and I pray that I may be like Him as far as my capabilities would permit. May I be dear to others (on the path of righteousness) as He is to me. May I relieve people of their pains, and make them happy. May I earn respect from others (the righteous) and be creative in my dealings. In being motivated to act righteously, may I be a channel for God's Truth.*

I hold my breath in sacred awe and pray
O God of Life, O Holy God of Bliss;
O Father, Great and Wise, and True, this day

My soul arrives Thy Glorious Feet to kiss.

**FIFTH PERFORMANCE**

**अघमर्षण AGHAMARṢHAṆA:**

Discovering the process of the creation of the universe, and identifying God as the Creator, Sustainer and Destroyer, in an effort to decrease the tendency to commit sin.

ओ३म् ऋतं च सत्यं चाभीद्धात्तपसोऽध्यजायत।
ततो रात्र्यजायत ततः समुद्रोऽअर्णवः ॥ १ ॥

**5. Om Ritañ cha satyañ cha-abheed-dhaat tapaso'dhya-jaayata**
**Tato raatr-ya-jaayata tataḥ samudro 'arṇavaḥ**

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| **ऋत सत्यके सहारे संसारको सजाया<br>तेरा महान कौशल है सिन्धु ने दिखाया** | **Rit saty ke sahaare, sansaar ko sajaayaa<br>Teraa mahaan kaushal, hai sindhu ne dikhaayaa** |

**TRANSLATION**

*In the beginning, the Cosmic Laws were first generated to govern the order in which the universe had to be created; and then, the universe itself became manifest, all through the conscious Creative Will-force of God. After each cycle of creation, there follows a grand dissolution of all created things, resulting in total darkness. When this prolonged period of dissolution comes to an end, a new cycle of creation begins, with atomic particles becoming agitated in one big ocean-like mass.*

*By God's command His Nature brought to light*
*The principles and the atoms of this earth.*
*Then came chaos and heat and motion bright,*
*And then the waves of ocean got their birth.*

ओं समुद्रादर्णवादधि संवत्सरोऽअजायत।
अहोरात्राणि विदधद्विश्वस्य मिषतो वशी ॥ २ ॥

**6. Om Samudraad arṇavaad adhi Samvat-saro 'ajaa-yata.**
**Aho-raa-traaṇi vida-dhad vishvasya miṣhato vashee**

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| **पहले के कल्प जैसे, रवि चन्द्र फिर बनाए<br>दिन रात पक्ष संवत, मे काल क्रम चलाए** | **Pahale ke kalp jaise, ravi chandr phir banaae<br>Din raat pakṣh samwat, me kaal kram chalaae** |

**TRANSLATION**

*The agitated, heated particles, in this ocean, combine in their own way, resulting in the formation of the stars, planets and other luminous bodies, and these begin to rotate in their own orbits. This rotation causes the concept of Time to be born. The Controller of this immense cosmos, as if without effort, causes this Time to be divided into day and night.*

*And after these the planets moved aright*
*Along the annual course of heaven blue.*
*The King of all creates the day and night*
*Without effort and their order due.*

ओं सूर्याचन्द्रमसौ धाता यथापूर्वमकल्पयत्।
दिवं च पृथिवीं चान्तरिक्षमथो स्वः॥ ३ ॥

ऋ० अ० १०।व० ४८। मं० १-३॥

**7. Om Sooryaa chandra-masau dhaataa Yathaa poorvam akal-payat**
**Divañ cha prithiveeñ Cha-antar-ikṣham-atho swaḥ**

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| **ध्यौ अंतरिक्ष धरनी, नित नेम पर टिकाए**<br>**तू रम रहा सभी मे, तुझमे सभी समाए** | **Dhyau antarikṣh dhara-nee, nit nem par ṭikaae**<br>**Too ram rahaa sabhee me, tujhme sabhee samaae** |

**TRANSLATION**

*In this cycle of creation, God created the sun, moon, heaven, earth and sky, and all the natural elements like air, fire, and water, and all life forms. These He created exactly as He did in the past creations, and as He would do in future ones, too.*

*And, as before, the Maker made again,*
*The sun, the moon, and bodies dark and bright,*
*The sky above, the place unknown to pain –*
*The home of bliss - the Realm of Holy Light.*

**आचमन AA-CHAM-ANA:**

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (*Chant the mantra once and sip the water thrice).*

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये।
शंयोरभि स्त्रवन्तु नः॥ १ ॥ —यजुः० ३६।१२

**8. Om shanno deveer abhiṣhṭaya ’aapo bhavantu peetaye.**
**shanyor abhi sravantu naḥ.**

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| **देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए।**<br>**यह नीर हो सुधामय कल्याण दान दीजिए॥**<br>**नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा।**<br>**बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥** | **Devee swaroop eeshwar poorṇ abheeṣhṭ keeji-e**<br>**yah neer ho sudhaa-may kalyaaṇ daan deeji-e**<br>**Nit riddhi siddhi barse hit ho sadaa hamaaraa**<br>**bahatee rahe hriday me sad-dharm prem dhaaraa** |

## SIXTH PERFORMANCE

**मनसा परिक्रमा MANASAA PARI-KRAMAA:**

Certifying the Presence of God in all directions and expressing our gratitude for the bounties He provides for us to achieve perfection.

ओं प्राची दिगग्निरधिपतिरसितो रक्षितादित्या इषवः। तेभ्यो
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु।
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ १ ॥

**9. Om Praachee dig-agnir adhi-patir asito rakṣhita-adityaa iṣhavaḥ.**
**Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.**
**Iṣhu-bhyo nama ebhyo astu.**
**Yo's maan dweṣhṭi, yam vayam**
**Dwiṣhmas-tam vo jambhe dadhmaḥ.**

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| **हे ज्ञान पुँज गणपति! बंधन विहीन न्यारे** | **He jñaan puñj gaṇapati! Bandhan viheen nyaare** |
| **पूरब मे रम रहे हो, रक्षक पिता हमारे** | **Poorab me ram rahe ho, rakṣhak pitaa hamaare** |
| **रवि रश्मियो से जीवन, पोषण प्रकाश पाता** | **Ravi rashmiyo se jeevan, poṣhaṇ prakash paataa** |
| **विज्ञानमय विधायक, ब्रह्माण्ड को चलाता** | **Vijñaana-may vidhaayak, brahmaaṇḍ ko chalaataa** |
| **हम बार बार भगवन! करते तुम्हे नमस्ते** | **Ham baar baar bhagavan! Karte tumhe namaste** |
| **यदि द्वेष भावना हो, तो न्याय तेरे हस्ते** | **Yadi dweṣh bhaawanaa ho, to nyaay tere haste** |

### TRANSLATION

*In the eastern direction, we discover the supreme presence of Agni, the Lord of Light, under whose control the morning sun rises. He is free from limitations, and protects by sending us arrow-like rays of inspiration from His Sun of Divine Wisdom.*
*We acknowledge, O Radiant One, Your Rulership, Your Protection, and the blessed gift of rays that keep us away from the darkness of ignorance.*
*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

*Thou art before us, Father Good and Wise!*
*The Mighty King who saves the world from woes*
*Who made the sun that from the East does rise*
*And on this earth its beams of luster throws –*
*The lustrous beams which shower life on earth*
*And makes us living through Thy blessed grace.*
*Oh Lord, to thank Thee for Thy gift of life*
*We bend our knees before Thy Holy Face.*
*We also thank Thee for Thy Rule benign*
*Thy kind protection and Thy blessings sweet*
*And those who are the dreaded foes of mine*
*I lay them humbly at Thy Gracious Feet.*

दक्षिणा दिगिन्द्रोऽधिपतिस्तिरश्चिराजी रक्षिता पितर इषवः।
तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु।
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः॥ २ ॥

**10. Om Dakṣhiṇaa dig indro'dhi-patis**
**tirash-chi-raajee rakṣhitaa pitara iṣhavaḥ.**
**Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.**
**Iṣhu-bhyo nama ebhyo astu.**
**Yo's maan dweṣhṭi, yam vayam**
**Dwiṣhmas-tam vo jambhe dadhmaḥ.**

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| **हे इंद्र रूप ईश्वर! दक्षिण मे भी दिखाते<br>जड़ जीव जन्तुओ से, सत्वर सदा बचाते<br>वैदिक सुधा पिलाते, हो ज्ञानियो के द्वारा<br>तुमसे लगन लगी है सर्वस्व हो हमारा<br>हम बार बार भगवन! करते तुम्हे नमस्ते<br>यदि द्वेष भावना हो, तो न्याय तेरे हस्ते** | **He Indr roop eeshwar! dakṣhiṇ me bhee dikhaate<br>Jaḍ jeev jantu-o se, satwar sadaa bachaate<br>Vaidik sudhaa pilaate, ho jñaaniyo ke dwaaraa<br>Tumse lagan lagee hai sarvasw ho hamaaraa<br>Ham baar baar bhagavan! Karte tumhe namaste<br>Yadi dweṣh bhaa-wa-naa ho, to nyaay tere haste** |

**TRANSLATION**

*In the southern direction, we discover the supreme presence of Indra; the Lord Who scatters and finally destroys the dark clouds of ignorance that impede the free functioning of our intellect. He possesses heavenly, infinite Glory, and protects by sending us learning through parents and teachers on earth.*
*We thank You, O Glorious One, for Your Rulership, Your Protection, and for the blessed gift of teachers who stimulate our intellect.*
*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Oh Mighty Sovereign! Thou art to our right
The Great protector from the dreaded brood
Of boneless reptiles. Lord of Vedic Light!
Thy sages come to teach us what is good.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

प्रतीची दिग्वरुणोऽधिपतिः पृदाकू रक्षितान्नमिषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु। योऽ३स्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः॥ ३॥

**11. Om Prateechee dig varuṇo ’dhi-patiḥ**
**pri-daa-koo rakṣhita-annam iṣhavaḥ.**
**Tebhyo namo’dhipati-bhyo namo rakṣhi-tribhyo nama.**
**Iṣhu-bhyo nama ebhyo astu.**
**Yo's maan dweṣhṭi, yam vayam**
**Dwiṣhmas-tam vo jambhe dadhmaḥ.**

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| **पश्चिम मे भी प्रकट हो, तुम ही वरुण कहाते**<br>**विषधारीयो के बाधा विग्रह विफल बनाते**<br>**सब प्राणीयो का पोषण, करते हो अन्न द्वारा**<br>**दुख मे दया दिखाते, सुख मे तुम्ही सहारा**<br>**हम बार बार भगवन! करते तुम्हे नमस्ते**<br>**यदि द्वेष भावना हो, तो न्याय तेरे हस्ते** | **Pash-chim me bhee prakaṭ ho, tum hee Varuṇ kahaate**<br>**Viṣha-dhaari-yo ke baadhaa vigrah viphal banaate**<br>**Sab praaṇiyo kaa poṣhan, karte ho ann dwaaraa**<br>**Dukh me dayaa dikhaate, sukh me tumhee sahaaraa**<br>***Ham baar baar bhagavan! Karte tumhe namaste***<br>***Yadi dweṣh bhaawanaa ho, to nyaay tere haste*** |

**TRANSLATION**

*In the western direction, we discover the supreme presence of Varuna, the Lord worthy of our final choice and acceptance. He inspires into our thinking the inner sounds of intuition that destroy our animal tendencies. He protects by providing us natural and pious food.*

*We express our greatfulness, O Choice-worthy One, for Your Rulership, Your Protection, and blessed gift of grains that provide sanctity to our mind.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Thou art behind us, gracious King, adored
As Great Protector from bony beasts
Thou save our humble lives having stored
The hungry earth, O Lord, with human feast.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

उदीची दिक् सोमोऽधिपतिः स्वजो रक्षिताशनिरिषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु। योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः॥४॥

**12. Om Udeechee dik somo 'dhi-patiḥ**
**swajo rakṣhitaa shanir iṣhavaḥ.**
**Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.**
**Iṣhu-bhyo nama ebhyo astu.**
**Yo's maan dweṣhṭi, yam vayam**
**Dwiṣhmas-tam vo jambhe dadhmaḥ.**

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| **हे सोम रूप स्वामी! उत्तर उपांग तेरा** | **He Som roop swaamee! Uttar upaaṅg teraa** |
| **सर्वत्र सब दिशा मे, है आप का बसेरा** | **Sarvatr sab dishaa me, hai aap kaa baseraa** |
| **विद्युत-विधान द्वारा, जगती को जगमगाया** | **Vidyut vidhaan dwaaraa, jagatee ko jagama-gaayaa** |
| **ज़ीवो मे चेतना का, संचार कर दिखाया** | **Jeevo me chetanaa kaa, sañchaar kar dikhaayaa** |
| **हम बार बार भगवन! करते तुम्हे नमस्ते** | ***Ham baar baar bhagavan! Karte tumhe namaste*** |
| **यदि द्वेष भावना हो, तो न्याय तेरे हस्ते** | ***Yadi dweṣh bhaawanaa ho, to nyaay tere haste*** |

**TRANSLATION**

*In the northern direction, we discover the supreme presence of Soma, the Essence of devotional peace. His light, Peace and Beauty are all self-created in Him. He protects by sending arrow-like sparks of His Natural Peace into our troubled hearts.*

*We offer our appreciation, O peaceful One, for Your Rulership, Your protection, and the blessed gift of sparks of Peace that replace tension and discontent.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

And Thou art to our left, O Peaceful King
To save us from the self-borne insects' bane
By Nature's heat. Thy praise we humbly sing,
O Loving Savior from the pangs of pain!
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

ध्रुवा दिग्विष्णुरधिपतिः कल्माषग्रीवो रक्षिता वीरुध इषवः।
तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु।
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः॥ ५॥

**13. Om Dhruvaa dig viṣhṇur adhi-patiḥ**
**kal-maaṣha-greevo rakṣhitaa vee-ru-dha iṣhavaḥ.**
**Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.**
**Iṣhu-bhyo nama ebhyo astu.**
**Yo's maan dweṣhṭi, yam vayam**
**Dwiṣhmas-tam vo jambhe dadhmaḥ.**

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| **हे विष्णु सर्व व्यापिन! नीचे निवास करते<br>फल फूल पेड़ पल्लव, सब मे तुम्ही विचरते<br>तुम कर रहे हो रक्षण, संतान-वत हमारा<br>दुख सुख सभी समय मे, साथी सखा सहारा<br>हम बार बार भगवन! करते तुम्हे नमस्ते<br>यदि द्वेष भावना हो, तो न्याय तेरे हस्ते** | **He Viṣhṇu sarv vyaapin! neeche niwaas karte<br>Phal phool peḍ pallav, sab me tumhee vicharate<br>Tum kar rahe ho rakṣhaṇ, santaan-wat hamaaraa<br>Dukh sukh sabhee samay me, saathee sakhaa sahaaraa**<br>***Ham baar baar bhagavan! Karte tumhe namaste<br>Yadi dweṣh bhaawanaa ho, to nyaay tere haste*** |

**TRANSLATION**

*In the lower direction, we discover the supreme presence of Vishnu, the Lord Who pervades every particle of the earth on which we live. He creates and sustains the diversity of colors and shapes that make life interesting. He protects by providing trees and plants.*

*We graciously accept, O All-Pervading One, Your rulership, Your Protection, and the blessed gift of vegetation that neutralizes the poison gases in the atmosphere.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Thou art below us, Omnipresent King
To nourish life with plants of tuberous roots
And verdant trees that leafy shelter brings,
And yield to us ten thousand kinds of fruits.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

ऊर्ध्वा दिग्बृहस्पतिरधिपतिः श्वित्रो रक्षिता वर्षमिषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु। योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः॥ ६ ॥

अथर्व० कां० ३। अ० ६। सू० २७। मं० १-६॥

**14. Om Oor-dhwaa dig brihas-patir adhi-patiḥ**
**shwi-tro rakṣhitaa varṣham-iṣhavaḥ.**
**Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.**
**Iṣhu-bhyo nama ebhyo astu.**
**Yo's maan dweṣhṭi, yam vayam**
**Dwiṣhmas-tam vo jambhe dadhmaḥ.**

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| **अंतर दृगो से दिग्पति! ऊपर भी दृष्टि आते<br>ऋतु सिद्ध वृष्टि होती, सब सृष्टि को चलाते<br>भौतिक विभूतियाँ है, सब आपकी निशानी<br>कैसे कहेगी वाणी, अदभुत अकथ कहानी<br>हम बार बार भगवन! करते तुम्हे नमस्ते<br>यदि द्वेष भावना हो, तो न्याय तेरे हस्ते** | **Antar drigo se dig-pati! Oopar bhee driṣhṭi aate<br>Ritu siddh vriṣhṭi hotee, sab sriṣhṭi ko chalaate<br>Bhautik vibhoo-tiyaa hai, sab aapa-kee nishaanee<br>Kaise kahegee vaaṇee, adabhut a-kath kahaanee**<br>*Ham baar baar bhagavan! Karte tumhe namaste<br>Yadi dweṣh bhaawanaa ho, to nyaay tere haste* |

**TRANSLATION**

*In the upper direction, we discover the supreme presence of Brihaspati, the Lord of great powers. Who has produced the sun, moon, and countless stars found in the heavens above. He is Pure and Wondrous, and of golden color like the sun. He protects by sending rainfall.*

*We offer our devotion, O Mighty One, for Your Rulership, Your protection, and the blessed gift of rain that increases fertility in the earth, quenches our thirst, washes our impurity, and cools the fire of vice that burns our divine energy.*

*We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.*

Thou art above us, Great and Holy King
To develop and protect us on this earth.
Thy grace the vital drop of rain doth bring
To fill with corn the seat of mortal birth.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

**SEVENTH PERFORMANCE**

**उपस्थान UPA-STHAANA:**

Feeling the living presence of God after having a direct vision of Him.

ओम् उद्वयं तमसस्परि स्वः पश्यन्तऽउत्तरम्।
देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम्॥ १ ॥

यजुः० अ० ३५। मं० १४

**15. Om Ud-vayam tama-sas pari swaḥ pashyanta ’ut-taram,**
**Devan devatraa sooryam aganma jyotir ut-tamam.**

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| **रवि रश्मि के रमैय्या! पावन प्रभा दिखा दो**<br>**अज्ञान की तमिस्रा, भूलोक से मिटा दो**<br>**देवो के देव अनुदिन, हो दिव्य दृष्टि प्यारी**<br>**श्रुति गान को ना भूले, रसना कभी हमारी** | **Ravi rashmi ke ramaiyyaa! paawan prabhaa dikhaa do**<br>**Ajñaan kee tamisraa, bhoo-lok se miṭaa do**<br>**Devo ke dev anudin, ho divy drişhţi pyaaree**<br>**Shruti gaan ko naa bhoole, rasanaa kabhee hamaaree** |

*Transcending the dazzling wonders of the world, and realizing the even more wondrous potentials of my own soul, may I come face to face with the most wondrous resplendence of God. He is the Divine Sun that gives light to the sun, moon and stars.*

*May I obtain the glorious God of Light*
*The wisest God of Bliss and Lord Supreme*
*The Sun that keeps the souls of mortals bright*
*And forms my humble prayer's sacred theme.*

उदु त्यं जातवेदसं देवं वहन्ति केतवः।
दृशे विश्वाय सूर्यम्॥ २॥ —यजुः० अ० ३३। मं० ३१॥

**16.Om Udut-yam jaata-vedasam Devam vahanti ketavaḥ**
**Drishe vishwaaya sooryam.**

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| **सुंदर सुपथ दिखाया, मद मोह लोभ टारा**<br>**अज्ञान तम मिटाया, वर वेद ज्ञान द्वारा**<br>**जीवन मे ज्योति प्राणो मे प्रेरणा तुम्ही हो**<br>**मन मे मनन, बदन मे बल-साधना तुम्ही हो** | **Sundar supath dikhaayaa, mad moh lobh ṭaaraa**<br>**Ajñaan tam miṭaayaa, var ved jñaan dwaaraa**<br>**Jeevan me jyoti praaṇo me preraṇaa tumhee ho**<br>**Man me manan, badan me bal-saadhanaa tumhee ho** |

*All words of wisdom and all objects in the world point to God's existence, so that we can see Him as we see the sun everyday. It is He Who is the origin of all Wisdom and is present in all created things.*

The various objects of this wondrous earth
Are beacon flags to guide us on to know
The Glorious Sun of Life Who gives us birth
And sent His Veda, the righteous path to show.

चित्रं देवानामुदगादनीकं चक्षुर्मित्रस्य वरुणस्याग्नेः। आप्रा द्यावा-
पृथिवीऽअन्तरिक्षꣳसूर्यऽआत्मा जगतस्तस्थुषश्च स्वाहा॥ ३॥
—यजुः० अ० ७। मं० ४२॥

**17. Om Chitram devaanaam ud-agaad aneekam**
**Chakṣhur mitrasya varuṇasya-agneḥ,**
**Aapraa dyaawaa pri-thi-vee 'antarikṣhaṃ**
**Soorya 'aatmaa jagatas tas-thu-ṣhash cha swaahaa!**

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| **आश्चर्यमय अलौकिक, अदभुत अपूर्व करनी<br>है आपमे अवस्थित, अधि अंतरिक्ष अवनी<br>माया मृषा मिटाकर, मन्तव्य पथ दिखाओ<br>भव बन्धनो से भगवन! इस भक्त को छुड़ाओ** | **Aash-charya-may alaukik, adabhut a-poorv karnee<br>Hai aap me awas-thit, adhi antarikṣh awa-nee<br>Maayaa mriṣhaa miṭaakar, mantavy path dikhaa-o<br>Bhav bandhano se bhagawan! is bhakt ko chhuḍaa-o** |

**TRANSLATION**

*In **Samaadhi**, in Divine Realization, I come face to face with God's wondrous Light which has suddenly become manifest in my harmonized self. This light is a Path-finder for any person who has given up infatuation and hate, who has chosen the path of good works, and who is knowledgeable. It is the same Light that pervades heaven, earth and sky. This Divine is the Indweller in all that moves and does not more. **Swaahaa!** Yes, indeed this is the Truth!!*

How wondrous is this Lord of Holy Light
The sun's Support, the God of moon, the Source
Of shining bodies, the Lord of fire bright,
The heaven's Lord, the King of earth, the Force
That made the sky and countless kinds of things
That moves and do not move. O Lord of might,
My humble heart Thy sacred prayer sings
To let me think, speak and act right.

ओं तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत्। पश्येम शरदः शतं जीवेम शरदः शतꣳ शृणुयाम शरदः शतं प्र ब्रवाम शरदः शतमदीनाः स्याम शरदः शतं भूयश्च शरदः शतात्॥ ४॥

यजुः० अ० ३६। मं० २४॥

**18. Om Tach chakṣhur devahitam Purastaach chhukram uch-charat**
**Pashyema sharadaḥ shatam**
**Jeevema sharadaḥ shataṃ**
**Shriṇu-yaama sharadaḥ shatam**
**Pra bra-vaama sharadaḥ shatam**
**Adeenaaḥ syaama sharadaḥ shatam**
**Bhooyash cha sharadaḥ shataaat.**

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| **विधना विनय यही है, मैं वीरवर कहाऊँ<br>होकर शतायु स्वामिन, तुमसे लगन लगाऊँ<br>सौ साल तक हमारी, आँखे हो ज्योति धारी<br>हो श्रोत श्रव्य शाली, सक्षम सदा सुखारी<br>वाणी विराट विभु की, विरदावली सुनावे<br>परतंत्रता है पातक, स्वातन्त्र्य मन्त्र गावें<br>सौ वर्ष से अधिक भी, जीवित रहे करारी<br>सर्वांग की क्रियाएँ स्थिर रहे हमारी** | **Vidhanaa vinay yahee hai, mai veeravar kahaa-oon<br>Hokar shataayu swaamin, tumse lagan lagaa-oon<br>Sau saal tak hamaaree, aankhe ho jyoti-dhaaree<br>Ho shrot shravya-shaalee, sakṣham sadaa sukhaaree<br>Vaaṇee viraaṭ vibhu kee, viradaa-walee sunaawe<br>Para-tantra-taa hai paatak, swaa-tan-try mantr gaawen<br>Sau varṣh se adhik bhee, jeevit rahe karaa-ree<br>Sarvaaṅg kee kriyaa-en, sthir rahe hamaaree** |

**TRANSLATION**

*His is the Divine Eye that shows the way to all righteous people. Everywhere we turn, we find His Eye present in front of us, shedding Light, and ever watchful of our movements.*

*May we live for a hundred years and, in our daily life perceive His living Presence in all our actions. For a hundred years may we listen to His Glory and Majesty as described in the Knowledge He revealed (in Vedas, Upanishads etc.), and even proclaim such Glory for all to hear. With God as our Guide, may we never be subjected for a hundred years, and even for more than a hundred years.*

That Ever-wakeful Eye, Eternal, Pure
That watches close the deeds of right and wrong
Whose Holy Grace the learned souls secure
May bless in life my prayer's sacred song.
And may we live and see a hundred years;
A hundred autumns hear His Holy Name,
And sing His Glory free from human fears
That close attends the heels of earthly fame.
And if we live for more than a hundred years,
The same delights attend us all the days
We live, and bring us all the sacred cheers
For which the heart to gracious heaven prays

**आचमन AA-CHAM-ANA:**

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (*Chant the mantra once and sip the water thrice).*

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये।
शंयोरभि स्त्रवन्तु नः॥ १॥ —यजुः० ३६।१२

**19. Om shanno deveer abhiṣhṭaya 'aapo bhavantu peetaye.**
**shanyor abhi sravantu naḥ.**

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| **देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए।<br>यह नीर हो सुधामय कल्याण दान दीजिए॥<br>नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा।<br>बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥** | **Devee swaroop eeshwar poorṇ abheeṣhṭ keeji-e<br>yah neer ho sudhaa-may kalyaaṇ daan deeji-e<br>Nit riddhi siddhi barse hit ho sadaa hamaaraa<br>bahatee rahe hriday me sad-dharm prem dhaaraa** |

**EIGHTH PERFORMANCE**
**अथ ब्रह्म गायत्री सावित्री गुरु मंत्र**
**ATHA BRAHMA GAAYATREE SAAVITREE GURU MANTRA**

Chant **Om** and **Gayatree Mantra** at least three times, contemplating on their meanings. The **Gaayatree Mantra** has been taught in a disciplic succession by ancient Rishis, to assist us to unlock the source of inspiration.

ओ३म्, (यजु० अ० ४०।मं० १७) भूर्भुवः स्वः। तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्॥
यजुः० अ० ३६।मं० ३॥ ऋ० मं० ३।सू० ६२।मं० १०॥

20. **Om bhoor bhuwaḥ swaḥ,**
**Tat savitur vareṇyam Bhargo devasya dheemahi,**
**Dhiyo yo naḥ pracho-dayaat.**

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| **ओंकार आद्य अक्षय, अद्वैत अज अनुपम<br>अदभुत अजर अजन्मा, अव्यय अनघ अरूपम<br>हो सत्य रूप स्वामी, चित चारू चेत धारी<br>आनंद ओजमय हो, आदर्श आर्त हारी<br>प्राणेश! प्रार्थना है, पथ पुण्यमय दिखाओ<br>मिथ्या ममत्व मत्सर, मल मोह मद मिटाओ** | **Omkaar aady akṣhay, adwait aj anupam<br>Ad-bhut ajar ajanmaa, av-yay a-nagh aroopam<br>Ho satya roop swaamee, chit chaaroo chet dhaaree<br>Aanand oja-may ho, aadarsh aart haaree<br>Praaṇesh praar-thanaa hai, path puṇya-may dikhaa-o<br>Mith-yaa ma-matwa mat-sar, mal moha mad mitaa-o** |

| | |
|---|---|
| सेवा सुमन पिरोकार, माला महत बनाऊँ<br>अनुराग भावना से, भगवान पर चढ़ाऊँ<br>मुद मांगलिक मन से, मैं मोक्ष धाम जाऊँ<br>सर्वोच्च शांति सुखकर, सात्विक समृद्धि पाऊँ<br>विश्वात्मा विनय है, वर दीजिए विचारी<br>धी धर्ममय धवल हो, ध्रुव धैर्य ध्यानधारी | **Sewaa suman pirokar, maalaa mahat banaa-oon<br>Anu-raag bhaa-wa-naa se, bhagawaan par chaḍhaa-oon<br>Mud maaṅgalik man se, mai mokṣh dhaam jaa-oon<br>Sarvochch shaanti sukhakar, saat-wik samriddhi paa-oon<br>Vishwaatmaa vinay hai, var deejiye vichaaree<br>Dhee dharma-may dhawal ho, dhruv dhairy dhyaana-dhaaree** |

**TRANSLATION**

*God is dear to me like my own breath. He is the dispeller of my pains, and the giver of happiness. I mediate on the supremely adorable light of the divine creator, that it may inspire my thought and understanding.*

Oh Soul of Life, the Holy King of Kings!
Oh God of all the regions, high and low,
Oh Lord of Joy, Whose Glory nature sings,
Who shapes the earth and lets the mortals grow.
We seek Thy blessed Feet to meditate
Upon Thy Glorious Form of Holy Light
Which drives away the gloom of sins we hate
And makes the souls of righteous people bright.
My heart, oh Father, meekly prays to Thee
To win Thy Grace, to make me good and wise,
And bless my mind with knowledge, full and free
From dark and vicious thoughts of sins and lies.

**NINTH PERFORMANCE**

**समर्पण SAMARPAṆA**:

Surrender and Dedication

हे ईश्वर दयानिधे! भवत्कृपयाऽनेन जपोपासनादिकर्मणा धर्मार्थकाममोक्षाणां सद्यः सिद्धिर्भवेन्नः ॥

21. **He eesh-vara dayaa-nidhe!**
**Bhawat kripa-yaa ’nena**
**Japo-paa-sanaa-di karmaṇaa**
**Dharmaartha kaama mokṣhaa-ṇaam**
**Sadyaḥ siddhir bhawen-naḥ**

**हे ईश्वर! हे दया के असीम भंडार! आप की कृपा से जप और उपासना द्वारा हमे धर्म, अर्थ, काम, और मोक्ष शीघ्र सिद्ध होवे**

**He eeshvar! He dayaa ke aseem bhaṇḍaar! Aap kee kripaa se jap aur upaasanaa dwaaraa hame dharm, arth, kaam, aur mokṣh sheeghr siddh hove.**

**TRANSLATION**

*O Lord! O Infinite Treasure of Mercy! By Your Grace, may we very soon realize **Dharma, Artha, Kaama, Mokṣha** through our **Japa** and **Upaasanaa***

| | |
|---|---|
| **Dharma:** | righteous living. |
| **Artha:** | righteous wealth. |
| **Kaama:** | righteous enjoyment. |
| **Mokṣha:** | emancipation from the world. |
| **Japa:** | recitation of God's Name |
| **Upaasanaa:** | communion with God. |

**TENTH PERFORMANCE**

**नमस्कार NAMASKAARA:** Final Obeisance to God

**तत ईश्वरम् नमस्कुर्यात्**

**Tata Eeshwaram Namas-kuryaat**

***(Let Us All Now Pay Final Obeisance to God!)***

ओं नमः शम्भवाय च मयोभवाय च नमः शङ्कराय च मयस्कराय च नमः शिवाय च शिवतराय च॥

यजुः० अ० १६ । मं० ४१ ॥

22. **Om Namaḥ sham-bhawaaya cha mayo bhawaaya cha**
**namaḥ shaṅ-karaaya cha mayas-karaaaya cha**
**namaḥ shivaaya cha shiva taraaya cha**

| | |
|---|---|
| **हे मंगलेश शंकर! मंगल करो हमारा<br>पावन प्रकाश पाए, परमार्थ पुण्य द्वारा<br>परि ज्ञान पय पिलादो, अवढर अगाध दानी<br>तेरी शरण मे आया, है भक्त यह भवानी<br>अब अंत मे प्रभुजी, तुमको नमन करे हम<br>वेदो के ज्ञान द्वारा, जीवन सफल करे हम** | **He maṅgalesh shaṅkar! maṅgal karo hamaaraa<br>Paawan prakaash paa-e, paramaarth puṇy dwaaraa<br>Parijñaan pay pilaado, avaḍhar a-gaadh daanee<br>Teree sharaṇ me aayaa, hai bhakt yah Bhawaanee<br>Ab ant me prabhu-jee, tumko naman kare ham<br>Vedo ke jñaan dwaaraa, jeevan saphal kare ham** |

*Salutations unto You, Lord, the Embodiment and Bestower of Peace and Bliss! Salutations unto You, Benevolent and Auspicious One! Yes, indeed, I offer my salutation unto you, since you are more benevolent than anyone else in this immense creation.*

And now I bow to Thee, O God of calm,
O God of Peace, and Lord of Bliss Divine!
Thy Grace supplies to burning hearts a balm,
Thy blessings in my right desires shine!
Finally I bow to Thee again and again
Thy Vedic knowledge brings success in my life.

ओ३म् शान्तिश्शान्तिश्शान्तिः ॥

**23.** **Om Shaantish –** *May Peace come to us from all Cosmic Forces!*
**Shaantish** – *May Peace come to us from all living creatures!!*
**Shaantiḥ** – *May Peace come to us from our inner self!!!*

इति सन्ध्योपासनविधिः

**Iti Sandhyo-'paasa-na vidhiḥ**

Here Comes To an End The Procedure Of

**Sandhyaa Upaasanaa**

The Song Of The Soul Established In Divine Meditation
Has Now Come To An End!!

## ब्रह्म सूत्र धारण Brahma-Sootra Dhaaraṇa – Sacred Thread

All Aryas/Hindus are required to be invested with the *Sacred Thread (Yajñopaveet, Janeo, Brahma Sootra)* in order to become a *Dwija* (twice born) to be "fit to perform Yajña, study the Vadas and/or chant Mantras". The full *Upanayana Sanskaar is* be performed for children, but because many practicing Hindus/Aryas did not go through this *Sanskaar,* for one reason or the other, it is strongly recommended that these individuals be invested with the *Sacred Cord* through the following procedure - only after fully understanding the significance of being invested:

If the Yajmaan is sponsoring the Yajña, before kindling the diyaa, the Yajmaan stands and holds the Janeo in hands, as directed; if the person is not the Yajmaan, it is administered to that person desirous of receiving the Sacred Cord in/at a Yajña being performed by/for someone else before the chanting of the Gayaayatree Mantra; either way purohit chants

ओं यज्ञोपवीतं परमं पवित्रं प्रजापतेर्यत्सहजं पुरस्तात् ।
आयुष्यमग्र्यं प्रतिमुञ्च शुभ्रं यज्ञोपवीतं बलमस्तु तेजः ॥

**Om Yajño-paveetam paramam pavitram**
**Prajaa-pater yat sahajam purastaat**
**Aayuṣhyam agryam prati-muñcha shubram**
**Yajño-paveetam balam astu tejah**

This divine cord is supremely pure and has been existing with God since the beginning. This cord inspires a new life-style, and motivates you to go forward. Wear this beautiful cord, and cultivate emotional strength and luster in your personality.

यज्ञोपवीतमसि यज्ञस्य त्वा यज्ञोपवीतेनोपनह्यामि ॥

**Om yajño-paveetam-asi yajñasya tvaa**
**Yajño-paveetenopa-nahyaami**

You are now inducted into a new life-style of sacrifice and study. With this cord you are bound to a life of sacrificial discipline

(The Janeo is now placed over head on the **left shoulder** and hangs under right arm, as directed, then Yajña commences.)

Note: Before the Gayaatree Mantra is chanted the person invested with the Janeo circumambulates the Kund once and chants/recites the Third Principle of Arya Samaj then makes an offering of Ghee:

वेद सब सत्यविद्याओं का पुस्तक है। वेद का पढ़ना-पढ़ाना और
सुनना-सुनाना सब आर्यों का परम धर्म है।

**Ved sab saty vidyaaon kaa pustak hai. Ved kaa paḍhanaa paḍhaanaa, Aur sun-naa sunaa-naa Sab aaryon kaa param dharma hai**

Veda is the scripture of all true knowledge. Reading, teaching, hearing and reciting the Veda is the first duty of all Aryas.

## देव यज्ञ - अग्निहोत्र

## Devayajña - Agnihotra

The following are preliminary procedures/Mantras leading to the Agnihotra

### अथ आचमन विधि: Atha Aachamana Vidhiḥ

Here Begins the Procedure of **Aachaman – Sipping Sacramental Water**

Aachamana is the sipping of sacramental water from the right palm. This is an act performed before the performance of the Agnihotra Ceremony. The aspirant seeks to symbolically wash his/her inner self of all impurity.

ओम् अमृतोपस्तरणमसि स्वाहा ॥१॥

1. **Om amritopas-tara-ṇamasi swaahaa**.
   O Divine Waters! You are the Support of Eternal Life.

ओम् अमृतापिधानमसि स्वाहा ॥२॥

2. **Om amritaapidhaa-namasi swaahaa**.
   O Divine Waters! You are the Protector of Eternal Life.

ओं सत्यं यशः श्रीर्मयि श्रीः श्रयतां स्वाहा ॥३॥

3. **Om satyam yashaḥ shreer mayi shreeḥ shra-ya-taam swaahaa**.
   May wealth, consisting of Truth, fame and riches take refuge in me.

### अथ अंग स्पर्श विधि: Atha Aṅga Sparsha Vidhiḥ

Here Begins the Procedure of - **Aṅga Sparsha**
i.e. Touching the body parts with Sacramental Water

The aspirant now touches the body parts with sacramental water, praying that these remain strong, healthy and **fulfill their functions in accordance with *Dharma***

ओं वाङ्म आस्येऽस्तु ॥ इस मन्त्र से मुख ।

1. **Om vaaṅ ma aasye 'stu.** (Lips)

ओं नसोर्मे प्राणोऽस्तु ॥ इस मन्त्र से नासिका

2. **Om nasor me praaṇo 'stu.** (nostrils)

ओम् अक्ष्णोर्मे चक्षुरस्तु ॥ इस मन्त्र से दोनों आँखें

3. **Om akṣhṇor me chakṣhur astu.** (eyes)

ओं कर्णयोर्मे श्रोत्रमस्तु ॥४॥ इस मन्त्र से दोनों कान

4. **Om karṇa-yor me shro-tram astu.** (ears)

ओं बाह्वोर्मे बलमस्तु ॥५॥ इस मन्त्र से दोनों बाहु

5. **Om baah-wor me balam astu.** (arms)

ओम् ऊर्वोर्मऽओजोऽस्तु ।।६।। इस मन्त्र से दोनों जंघा

6. **Om oor-wor ma 'ojo 'stu.** (thighs)

ओम् अरिष्टानि मेऽङ्गानि तनूस्तन्वा मे सह सन्तु ।।

7. **Om ariṣh-ṭaani me'ṅgaani tanoos tanwaa me saha santu.** (all over)

May the speech in my mouth be sanctified in God. May the breath in my nostrils, the sight in my eyes, and hearing in my ears be sanctified in God. May the force in my arms and legs be sanctified in God. May my limbs be all unharmed. And, may my outer self be in harmony with my inner self.

# अथेश्वरस्तुतिप्रार्थनोपासनामन्त्राः

## ATHESHVARA STUTI PRAARTHANO-PAASANAA MANTRAAḤ

*Here begins the Glorification of, Prayer to, and Communion with God. In this chant of **Eeshwar Stuti, Praarthanaa, Upaasanna**, we seek to describe the Qualities of God, petition to Him in terms of our legitimate needs, and become one with Him, in His Own Words – the Words of the Vedas.*

ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ।
यद् भद्रं तन्नऽआ सुव ।।१।। –यजुः अ० ३०। मं० ३।।

**1.** Om **Vishvaani deva savitar duritaani paraa-suva**
**Yad bhadran tanna'aa suva**

*O God! O Creator of this Universe! O Radiant Cause of all manifestations! Do remove from us all that is difficult in our experience, and all tendencies to transgress Your Laws, and bring unto us all that is beautiful, benevolent and auspicious.*

हिरण्यगर्भः समवर्त्तताग्रे भूतस्य जातः पतिरेक आसीत् ।
स दाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम ।।२।।
–यजुः अ० १३ । मं० ४।।

**2. Om** **Hiraṇya-garbhaḥ sama-vartta-taagre**
**Bhootasya jaataḥ patir-eka aaseet,**
**Sa daa-dhaara prithiveem dyaamu temaam**
**Kasmai devaaya haviṣhaa vidhema**

*God is the Sustainer of luminous bodies and the Source of Light, and He has been present even before the creation of this universe. He is known to be the Sole Master of all beings. He sustains this earth and heaven. Unto that Blissful Divinity do we offer our worship with love and devotion.*

यऽ आत्मदा बलदा यस्य विश्वऽ उपासते प्रशिषं यस्य देवाः ।
यस्य च्छायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ॥३॥

—यजुः अ० २५। मं० १३॥

*3.* **Om** **Ya' aat-madaa bala-daa yasya vishva'**
**Upaasate prashiṣham yasya devaaḥ,**
**Yasya-ch-chhaayaa' mritam yasya mrityuḥ**
**Kasmai devaaya haviṣhaa vidhema**

*He gives us the consciousness that we are souls, and provides us with strength. All wise people worship Him, and they obey His commands. Under His shade flows the nectar of immortal bliss, and opposing Him brings us daily death. Unto that Blissful Divinity do we offer our worship with love and devotion.*

यः प्राणतो निमिषतो महित्वैकऽ इद्राजा जगतो बभूव ।
यऽईशेऽ अस्य द्विपदश्चतुष्पदः कस्मै देवाय हविषा विधेम ॥४॥

—यजुः अ० २३। मं० ३

**4.** Om **Yaḥ praaṇa-to nimiṣha-to mahitvai-ka'**
**Id-raajaa jagato babhoova,**
**Ya' eeshe' asya dvipa-dash chatuṣh-padaḥ**
**Kasmai devaaya haviṣhaa vidhema**

*He, through His Own Glory, is the Sole King of this entire breathing and winking world. He controls all bipeds and quadrupeds. Unto that Blissful Divinity do we offer our worship with love and devotion.*

येन द्यौरुग्रा पृथिवी च दृढा येन स्वः स्तभितं येन नाकः ।
योऽअन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम ॥५॥

—यजुः अ० ३२। मं० ६॥

**5. Om** **Yena dyaur-ugraa prithivee cha driḍhaa**
**Yena swaḥ stabhitam yena naakaḥ,**
**Yo' antarikṣhe rajaso vimaanaḥ**
**Kasmai devaaya haviṣhaa vidhema**

*He Who has steadied the thunderous heaven and the solid earth and confers happiness free from all sorrow. He Who creates the planets with bird–like movements, and causes them to revolve in space. Unto that Blissful Divinity do we offer our worship with love and devotion.*

प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परि ता बभूव ।
यत्कामास्ते जुहुमस्तन्नोऽअस्तु वयं स्याम पतयो रयीणाम् ॥६॥

—ऋ० म० १०। सू० १२१। म० १०॥

**6. Om Prajaa-pate! Na twa-deta-anya-nyo**
**Vishvaa jaataani pari taa babhoova,**
**Yat kaamaas-te juhumas tan-no' astu**
**Vayam syaama patayo rayeeṇaam**

*O Prajapati! O Master of this entire creation! No-one, except You, can control the creatures of this visible, and other invisible worlds. May those righteous desires, for which we come to Your Shelter, be fulfilled. May we be masters of earthly and heavenly riches.*

स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा।
यत्र देवाऽ अमृतमानशानास्तृतीये धामन्नध्यैरयन्त ॥७॥

—यजु० अ० ३२। मं० १०॥

**7. Om Sa no bandhur janitaa sa vidhaataa**
**Dhaamaani veda bhuva-naani vishvaa,**
**Yatra devaa' amritam-aa-na-shaanaas**
**Triteeye dhaamanna-dhyair-ayanta**

*He alone, O people, is our mother, father, brother, sister, and friend, creator and Law-giver. He knows all names, regions and beginning events. In Him are the liberated souls, moving about at their own free will and enjoying the essence of eternal life, sustained in the third state of consciousness.*

अग्ने नय सुपथा रायेऽ अस्मान् विश्वानि देव वयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठान्ते नमऽउक्तिं विधेम ॥८॥

—यजुः अ० ४०। मं० १६

**8. Om Agne! naya su-pathaa raaye' asmaan**
**Vishvaani deva vayunaani vidvaan,**
**Yuyo-dhyas-maj juhuraaṇam-eno**
**Bhooyiṣh-ṭhaan te nama' uktim vidhema**

*O Agni! O God! Lead us on the right path to the wealth of liberation, for You know all pathways leading in that direction. Remove from us all sins that lead us astray. Again and again we offer You words of humble salutation and praise.*

**हे सकल जगत के उत्पत्तिकर्ता! समग्र, ऐश्वर्ययुक्त, शुद्ध स्वरूप, सर्व सुखो के दाता परमेश्वर! आप कृपा करके हमारे संपूर्ण दुर्गुण, दुर्व्यसन और दु:खो को दूर कीजिए. जो कल्याणकारक गुण, कर्म, स्वभाव और पदार्थ है, वे सब हमको प्राप्त कराइये!**

**He sakal jagat ke ut-patti-kartaa! Samagr, aishwarya-yukt, shuddh svaroop, sarv sukho ke daataa Parmeshvar! Aap kripaa karke hamaare sampoorṇ durguṇ, durvyasan aur duḥkho ko door keejiye. Jo kalyaaṇa-kaarak guṇ, karm, svabhaav aur padaarth hai, ve sab hamko praapt karaa-i-ye!** (Note: This is the Hindi arth for the first Mantra)

॥ इतीश्वरस्तुतिप्रार्थनोपासनाप्रकरणम् ॥

***Iteeshvara Stuti Praarthano-paasanaa Prakaraṇam***

Here Comes To An End *The* ***Eeshvar Stuti Praa'rthanaa Upaasanaa*** *Chant*

# अथ स्वस्तिवाचनम्

**Atha Swasti Vaachanam**

Here Begins the **Swasti Vaachana** Chant

*We now begin* **Swasti Vaachana.** *These are prayers for a harmonized life. We pray that the Supreme Cosmic Force, God, and all other Cosmic forces - the sun, moon, stars, air, earth, sky and heaven, and teachers, parents and friends may contribute their powers to help make our lives blissful.*

अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम् ।
होतारं रत्नधातमम् ॥१॥

**1. Om Agnim-eeḷe purohitam Yajñasya devam rit-vijam**
**Hotaaram ratna-dhaatamam**

*We praise* **Agni, God.** *We praise Him Who has been present even before this creation. He is Glorious Lord of this Cosmic Sacrifice, and is worthy of our worship in all seasons. We praise Him Who is the Creator and Supreme Sustainer of all the jewel-like planets that decorate the Cosmic Drama.*

स नः पितेव सूनवेऽग्ने सूपायनो भव ।
सचस्वा नः स्वस्तये ॥२॥ —ऋ०मं० १। सू० १। मं० १, ९।

**2. Om Sa naḥ piteva soonave'gne soopaayano bhava**
**Sachas-vaa naḥ swastaye**

*Come to us, sweetly and readily, O* **Agni**, *O* **God** *as a parent comes unto a child. Unite us, Lord with Yourself and with the bounties of this world for* **Swasti** (noble living, fortune and prosperity).

स्वस्ति नो मिमीतामश्विना भगः स्वस्ति देव्यदितिरनर्वणः ।
स्वस्ति पूषा असुरो दधातु नः स्वस्ति द्यावापृथिवी सुचेतुना ॥३॥

**3. Om Swasti no mimeetaam ashvinaa bhagaḥ**
**Swasti devyaditir aṇar-vanaḥ,**
**Swasti pooṣhaa asuro dadhaatu naḥ**
**Swasti dyaavaa prithivee suchetu-naa**

*May all dual forces measure* ***Swasti*** *for us. May our fortune and wealth bring us* ***Swasti.*** *May the Divine Earth and the irresistible mountains yield* ***Swasti*** *for us. May the clouds that provide us life through rain-fall sustain* ***Swasti*** *for us, and may the sun and all the planets confer* ***Swasti*** *unto us through the supreme knowledge they contain.*

स्वस्तये वायुमुप ब्रवामहै सोमं स्वस्ति भुवनस्य यस्पतिः ।
बृहस्पतिं सर्वगणं स्वस्तये स्वस्तय आदित्यासो भवन्तु नः ॥४॥

**4. Om Swastaye vaayum upa-bravaamahai**
**Somam Swasti bhuva-nasya yas-patiḥ,**
**Brishas-patim sarva-gaṇam swastaye**
**Swastaya aadityaaso bhavantu naḥ**

*Let us, in our search for an elevated existence, explore the qualities of air, and even of the moon that influences operations on Earth. We call upon the Teacher of Wisdom, surrounded by eager students, to teach us for* **Swasti,** *and may those people who are benefactors of all of creation help us in achieving this elevated existence.*

विश्वे देवा नो अद्या स्वस्तये वैश्वानरो वसुरग्निः स्वस्तये ।
देवा अवन्त्वृभवः स्वस्तये स्वस्ति नो रुद्रः पात्वंहसः॥५॥

**5. Om Vishve devaa no adyaa swastaye**
**Vaish-vaa-naro vasur-agniḥ swastaye,**
**Devaa avant-vribha-vaḥ swastaye**
**Swasti no rudraḥ paat-vam-hasaḥ**

*Let all wise people instruct us today for* **Swasti.** *Let fire, present everywhere, benefiting all creatures, be for our facility and comfort. Let all forces that bring light to the world, protect us while we acquire this comfort, and let the system of social justice protect us from wrong-doing, yielding* **Swasti** *for us.*

स्वस्ति मित्रावरुणा स्वस्ति पथ्ये रेवति ।
स्वस्ति न इन्द्रश्चाग्निश्च स्वस्ति नो अदिते कृधि ॥६॥

**6. Om Swasti mitraa varuṇaa Swasti pathye revati**
**Swasti na indrash-cha-agnish-cha Swasti no adite kridhi**

*Mother Earth! May you cause us to walk on the path of individual enrichment while we make use of hydrogen and oxygen, electricity and fire.*

स्वस्ति पन्थामनु चरेम सूर्याचन्द्रमसाविव ।
पुनर्ददताघ्नता जानता सं गमेमहि ॥७॥

—ऋ० मं० ५। सू० ५१।११-१५॥

**7. Om Swasti panthaa-manu charema Sooryaa Chandrama-saaviva**
**Punar dadataa ghnataa Jaanataa saṅ gamemahi**

*Let us all follow the path of* **Swasti,** *like sun and moon. Let us be in the company of those who constantly give of what they have, who never hurt the feelings of others, and who know much of God and His Wisdom.*

इषे त्वोर्जे त्वा वायव स्थ देवो वः सविता प्रार्पयतु
श्रेष्ठतमाय कर्मणऽ आप्यायध्वमघ्न्याऽ इन्द्राय भागं प्रजावतीरनमीवाऽ
अयक्ष्मा मा व स्तेनऽ ईशत माघशꣳसो ध्रुवाऽ अस्मिन् गोपतौ स्यात
बह्वीर्यजमानस्य पशून् पाहि ॥२३॥ —यजु० अ० १। मं० १

**8. Om Iṣhe tvorje tvaa vaayava stha**
**devo vaḥ savitaa**
**praarpayatu Shreṣhṭha-tamaaya karmaṇa'**
**Aap-yaa-ya-dhwam-aghnyaa'**
**indraaya bhaagam Prajaa-vateerana-meevaa' ayakṣhmaa**
**maa va stena' eeshata maagha shanso**
**Dhruvaa' asmin gopatau syaata bahveer yajamaanasya**
**pashoon paahi**

*O God! We pray to You to strengthen us that we may continually strive for wisdom, inner strength, discrimination and physical power to righteously attain enjoyable objects (material/physical and spiritual). May we seek Your inspiration for doing good deeds, becoming progressive and enjoying righteous means of comforts. May our cows/animals be free from diseases and produce good offspring and provide plenty of milk/service for the welfare of the nation. May the sinful (those indulging in adharmic acts) not be within our midst. May the cows and other resources remain in plenty with us and may we be their protectors. O God! Protect the cattle, family and all possessions of the host, who performs dharmic/good deeds.*

भद्रं कर्णेभिः शृणुयाम देवा भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवाꣳसस्तनूभिर्व्यशेमहि देवहितं यदायुः ॥

**9. Om** **Bhadram karṇe-bhiḥ shriṇu-yaama devaa**
**Bhadram pash-ye-maakṣha-bhir yajatraaḥ,**
**Sthirair-aṅgais-tuṣhṭu-vaaṃ-sas tanoobhir**
**Vyashe-mahi devahitam yad-aayuḥ**

*May we, while becoming wise, hear with our ears that which is noble. Becoming sanctified, may we see with our eyes that which is auspicious. Singing God's praises with strong and healthy bodies, let us enjoy the life-span determined by good deeds.*

अग्न आ याहि वीतये गृणानो हव्यदातये ।
नि होता सत्सि बर्हिषि ॥२९॥

**10. Om** **Agna aa yaahi veetaye Gri-ṇaano havya-daataye**
**Ni hotaa satsi barhiṣhi**

*O Radiant One, O God, come to me from all directions to set me apart from the powers of darkness. I sing Your glory at this critical moment in my life, and beg for the gift of discriminating knowledge. Be seated in the temple of my heart and fulfill my heart-felt dharmik desires.*

त्वमग्ने यज्ञानाꣳ होता विश्वेषाꣳ हितः ।
देवेभिर्मानुषे जने ॥३०॥ —साम० पूर्वा० प्रपा० १। मं० १, २॥

**11. Om** **Twam agne yajñaa-naaṃ hotaa Vish-we-ṣhaaṃ hitaḥ**
**Devebhir maanuṣhe jane**

*You, O Radiant Being, O God, are the One sought out in all acts of benevolence and sacrifice. This is acknowledged to be true by enlightened people in human society.*

ये त्रिषप्ताः परियन्ति विश्वा रूपाणि बिभ्रतः ।
वाचस्पतिर्बला तेषां तन्वो अद्य दधातु मे ॥३१॥

—अथर्व० कां० १। सू० १। मं० १॥

**12. Om Ye tri-ṣhaptaaḥ pari-yanti vishvaa roopaaṇi bi-bhra-taḥ**
**Vaachas-patir balaa teṣhaam Tanvo adya dadhaatu me**

*Three numbers (singular, dual and plural) and seven cases (nominative, accusative, instrumental, dative, ablative, genitive, and locative) are the foundations in the Science of Grammar. They surround and sustain all word-forms, causing differences in meanings. May the Teachers of Wisdom, today, make me knowledgeable in their use so that I may understand and explain the deepest imports of Words of Wisdom.*

॥ इति स्वस्तिवाचनम् ॥

**Iti Swasti Vaachanam**

Here Ends the **Swasti Vaachana** chant.

# अथ शान्तिकरणम्

## Atha Shaanti Karaṇam

Here begins the **Shaanti Karaṇa** Chant

*We now begin* **Shaanti Karana.** *These are prayers to God and to the Cosmic Forces to yield peace in our personality. Without* **Shaanti,** *there can be no* **Swasti.** *Without peace there can be no nobility in life. And, this peace is the actual cooling down of the five fires of lust, anger, greed, infatuation and vanity that burn and destroys our divine energy.*

शं न इन्द्राग्नी भवतामवोभिः शं न इन्द्रावरुणा रातहव्या ।
शमिन्द्रासोमा सुविताय शं योः शं न इन्द्रापूषणा वाजसातौ ॥१॥

**1. Om Shan na indra-agnee bhava-taam avobhiḥ**
**Shan na indraa varuṇaa raata-havyaa,**
**Sham-indraa somaa su-vi-taaya shan yoḥ**
**Shan na indraa pooṣha-ṇaa vaaja-saatau**

*May the Supreme One, God, Possessor of Radiant Light, give us peace with His protective resources. May the Supreme One, possessor of Choiceworthiness, bountiful in gifts, bring us peace. May the Supreme One and His Devotion create tranquility in us. And, may the Supreme One and His Nourishment grant us harmony in the battle of life.*

शं नो॒ भग॒ः शमु॑ न॒ः शंसो॑ अस्तु॒ शं न॒ः पुर॑न्धि॒ः शमु॑ सन्तु॒ राय॑ः।
शं न॑ः स॒त्यस्य॑ सु॒यम॑स्य॒ शंस॒ः शं नो॑ अर्य॒मा पु॑रुजा॒तो अ॑स्तु ॥२॥

2. **Om** **Shan no bhagaḥ shamu naḥ shanso astu**
**Shan naḥ puran-dhiḥ shamu santu raayaḥ,**
**Shan naḥ satyasya su-yamasya shansaḥ**
**Shan no aryamaa puru-jaato astu**

*May our fortune yield us peace; may the observance of law and order in society bring us peace. May economic prosperity that sustains citizenship confer peace. May our practice of truth and self-discipline generate peace, and may the soul, who performs actions and is born again and again, progress in peace.*

शं नो॑ धा॒ता शमु॑ ध॒र्त्ता नो॑ अस्तु॒ शं न॑ उरू॒ची भ॑वतु स्व॒धाभि॑ः।
शं रोद॑सी बृह॒ती शं नो॒ अद्रि॒ः शं नो॑ दे॒वानां॑ सु॒हवा॑नि सन्तु ॥३॥

**3.** **Om** **Shan no dhaataa shamu dharttaa no astu**
**Shan na u-roo-chee bhavatu sva-dhaabhiḥ,**
**Sham rodasee brihatee shan no adriḥ**
**Shan no devaanaam suha-vaani santu**

*May air and sunlight be peacefully supportive of life. May the spacious earth, with its life-sustaining grains, produce peace in us. May the extensive sky, containing mountain-shaped masses of clouds, rain down peace, and may our invocations of Nature's bounties be chanted in peace.*

शं नो॑ अ॒ग्निर्ज्योति॑रनीको अस्तु॒ शं नो॑ मि॒त्रावरु॑णाव॒श्विना॒ शम्।
शं न॑ः सु॒कृतां॑ सुकृ॒तानि॑ सन्तु॒ शं न॑ इषि॒रो अ॒भि वा॑तु॒ वात॑ः ॥४॥

**4.** **Om** **Shan no agnir jyotir aneeko astu**
**Shanno mitraa varuṇaa vash-vinaa sham,**
**Shan naḥ sukritaam sukri-taani santu**
**Shan na iṣhiro abhi-vaatu vaataḥ**

*May fire, whose force is light, bring us peace. May hydrogen and oxygen, and all other dual forces, generate peace. May the actions of righteous people create an atmosphere of peace, and may the refreshing winds blow peace on us.*

शं नो द्यावापृथिवी पूर्वहूतौ शमन्तरिक्षं दृशये नो अस्तु ।
शं न ओषधीर्वनिनो भवन्तु शं नो रजसस्पतिरस्तु जिष्णुः ॥५॥

**5. Om**

**Shan no dyaavaa prithivee poorva-hootau**
**Sham antarikṣham drishaye no astu,**
**Shan na oṣha-dheer vanino bhavantu**
**Shan no rajasas patir-astu jiṣhṇuḥ**

*May light and darkness inspire peace at the time of dawn when we make our first invocations. May the sky be there for us to look at, to expand our vision. May medicinal herbs and forest trees contribute to a healthy and peaceful surrounding. And may the sun that victoriously rules over this planetary system be for our peace.*

शं न इन्द्रो वसुभिर्देवो अस्तु शमादित्येभिर्वरुणः सुशंसः ।
शं नो रुद्रो रुद्रेभिर्जलाषः शं नस्त्वष्टा ग्नाभिरिह शृणोतु ॥६॥

**6. Om**

**Shan na indro vasu-bhir devo astu**
**Sham aaditye-bhir varuṇaḥ su-shansaḥ,**
**Shan no rudro rudre-bhir jalaaṣhaḥ**
**Shan nas-tvaṣh-ṭaa g-naa-bhi-riha shri-ṇotu**

*May electricity, the cosmic force acting in conjunction with the eight* **Vasus** (earth, water, fire, air, space, moon, sun, and stars) *that keep the universe inhabited, send forth peace to us. May the twelve months that make up the year give us the gift of peace. May the soul, made comfortable in the body by the presence of the vital airs, traverse the pathways of the world in peace. And, may the discriminating scholar, with words of inspiration, motivate us to listen for peace.*

शं नः सोमो भवतु ब्रह्म शं नः शं नो ग्रावाणः शमु सन्तु यज्ञाः ।
शं नः स्वरूणां मितयो भवन्तु शं नः प्रस्व१ः शम्वस्तु वेदिः ॥७॥

**7. Om**

**Shan naḥ somo bhavatu brahma shan naḥ**
**Shan no graa-vaa-ṇaḥ shamu santu yaj-ñaaḥ,**
**Shan naḥ svaroo-ṇaam mitayo bhavantu**
**Shan naḥ prasvaḥ sham-vastu vediḥ.**

*May the devotion that we generate and the* **Mantras** *we chant in our ceremonies bring us supreme peace. May the ceremonies themselves, and everything associated with them – the ceremonial altars, the stones used to build them, the measurements of the pillars in the ceremonial halls, and the well-grown herbs offered onto the blazing ceremonial fires – all yield peace unto us.*

***भगवन्! हमारा ऐश्वर्य शांतिदायक हो, हमारी प्रशंसा शांतिदायक हो, हमारी बुद्धि शांतिदायक हो, सब प्रकार के धन शांतिदायक हो, शासन शांतिदायक हो, श्रेष्ठो का मान करने वाला न्यायकारी भगवान शांतिदायक हो.***

***Bhagavan! hamaaraa aishwary shaanti-daayak ho, hamaaree prashansaa shaanti-daayak ho, hamaaree buddhi shaanti-daayak ho, sab prakaar ke dhan shaanti-daayak ho, shaasan shaanti-daayak ho, shesṭho kaa maan karne waalaa nyaaya-kaaree bhagavaan shaanti-daayak ho.***

*May the vegetable kingdom bring us peace and harmony. May the all round knowledge of the material world bring happiness to us. May we derive the fullest benefit from Mother Earth. May our experiments be blessed with success and may the pillars of our buildings be built on good foundations and may our houses be well designed. May the stores of grains and children in the household bring us peace and happiness.*

## अथ शिवसंकल्प मंत्र: Atha Shiva Saṅkalpa Mantraḥ

Here we begin the **Shiva Saṅkalpa Mantras**

यज्जाग्रतो दूरमुदैति दैवं तदु सुप्तस्य तथैवैति ।
दूरङ्गमं ज्योतिषां ज्योतिरेकं तन्मे मनः शिवसङ्कल्पमस्तु ॥

**8. Om Yaj-jaagrato dooram-udaiti daivam**
**tadu suptasya tathaivaiti,**
**Dooraṅgamam jyotiṣhaam jyotir-ekam**
**tanme manaḥ shiva-saṅkalpam-astu.**

*That far going light of all lights that flies to the distances in one's wakeful state, and even so, in one's sleep, may that my mind be filled with beautiful and benevolent thoughts.*

येन कर्माण्यपसो मनीषिणो यज्ञे कृण्वन्ति विदथेषु धीराः।
यदपूर्वं यक्षमन्तः प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

**9. Om Yena karmaaṇ-yapaso manee-ṣhiṇo**
**yaj-ñe kriṇvanti vida-the-ṣhu dhreeraaḥ,**
**Yada poorvam yak-ṣham antaḥ prajaa-naam**
**tanme manaḥ shiva-saṅkalpam-astu**

*That mind, with the help of which wise people perform sacred deeds in sacrifices, and patient people enter into the battlefield of life, that which is the unique, mysterious light hidden in the innermost recess of our heart, may that my mind be filled with beautiful and benevolent thoughts.*

यत् प्रज्ञानमुत चेतो धृतिश्च यज्ज्योतिरन्तरमृतं प्रजासु ।
यस्मान्न ऋते किञ्चन कर्म क्रियते तन्मे मनः शिवसङ्कल्पमस्तु॥

**10. Om Yat prajñaa-nam-uta cheto dhritish-cha**
**yaj-jyotir antar amritam prajaasu,**
**Yasmaan-na rite kiñ-chana karma kriyate**
**tanme manaḥ shiva-saṅkalpam-astu**

*That mind which is consciousness in itself, that which is awareness, that which is patience, and sustenance and memory, that which is the Amritaa Jyotee, the deathless light, hidden in the hearts of all created beings, that without which no action can be performed, may that my mind be filled with beautiful and benevolent thoughts.*

येनेदं भूतं भुवनं भविष्यत् परिगृहीतममृतेन सर्वम् ।
येन यज्ञस्तायते सप्तहोता तन्मे मनः शिवसङ्कल्पमस्तु ॥

**11. Om Yene-dam bhootam bhuva-nam bhaviṣh-yat**
**pari-griheetam amritena sarvam,**
**Yena yaj-ñas-taayate sapta hotaa**
**tanme manaḥ shiva-saṅkalpam-astu.**

*That deathless light by which is sustained all the past, present and future, that by which the sacrifice that has seven priests (five senses, ego, and intellect) is extended and spread, may that my mind be filled with beautiful and benevolent thoughts.*

यस्मिन्नृचः साम यजूंषि यस्मिन्प्रतिष्ठिता रथनाभाविवाराः।
यस्मिंश्चित्तं सर्वमोतं प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

**12. Om Yasmin-nrichaḥ saama yajooṃṣhi**
**yasmin pratiṣh-ṭhitaa ratha-naa-bhaa-vivaa-raaḥ,**
**Yas-minsh-chittaṃ sarvam-otam prajaa-naam**
**tanme manaḥ shiva-saṅkalpam astu**

*That mind in which is sustained the knowledge of the Rigveda, the music of the Saama-veda, and the scared deeds of the Yajurveda, like spokes in the hub of a wheel, that in which is woven and interwoven all consciousness of all beings, may that my mind be filled with beautiful and benevolent thoughts.*

सुषारथिरश्वानिव यन्मनुष्यान्नेनीयतेऽभीशुभिर्वाजिन इव ।
हृत्प्रतिष्ठं यदजिरं जविष्ठं तन्मे मनः शिवसङ्कल्पमस्तु ॥
—यजुः० अ० ३४। मं० १–६॥

**13. Om Su-ṣhaa-rathir ashvaa-niva yan-manuṣhyaan**
**ne-nee-yate'bhee-shu-bhir vaa-jina iva,**
**Hrit pra-tiṣh-ṭham yad a-jiram javiṣh-ṭham**
**tanme manaḥ shiva-saṅkalpam-astu**

*That mind which ever leads people like an expert charioteer controlling the reins of horses (the wise in control of the mind at all times), that which is heart-abiding, ever moving and the speediest of all forces, may that my mind be filled with beautiful and benevolent thoughts.*

स नः पवस्व शं गवे शं जनाय शमर्वते ।
शꣳ राजन्नोषधीभ्यः ॥२६॥ —साम० उत्तरा० प्रपा० १। मं० ३॥

**14. Om Sa naḥ pavas-va sham gave**
**Sham janaaya sham arvate,**
**Sham raajann-oṣha-dhee-bhyaḥ.**

*O King!O God! With your Peaceful Flow bring peace to the world of animals, and peace to the world of human beings, too. Peace, indeed, to the world of trees and plants.*

अभयं नः करत्यन्तरिक्षमभयं द्यावापृथिवी उभे इमे ।
अभयं पश्चादभयं पुरस्तादुत्तरादधरादभयं नो अस्तु ॥

**15. Om Abhayan-naḥ karaty-antarikṣham**
**abhayan dyaavaa prithivee ubhe ime,**
**Abhayam pash-chaad abhayam puras-taad**
**utta-raad adha-raad abhayan no astu**

*May the sky cause us no fear. No fear from both heaven and earth. No fear from behind, or from in front. Let there be fearlessness for us from above and from below.*

अभयं मित्रादभयममित्रादभयं ज्ञातादभयं परोक्षात्।
अभयं नक्तमभयं दिवा नः सर्वा आशा मम मित्रं भवन्तु ॥
—अथर्व० कां० १९।१५।५, ६

**16. Om Abhayam mitraad abhayam amitraad**
**Abhayañ jñaa-taad abhayam parok-ṣhaat,**
**Abhayan naktam abhayan divaa naḥ**
**Sarvaa aashaa mama mitram bhawantu**

*No fear from our friends, or from those who are unfriendly to us. No fear from the known, or from the unknown. No fear in the night, or in the day. May we be friends unto all directions, and may all directions be friendly unto us.*

॥ इति शान्तिकरणम् ॥

**Iti Shaanti Karaṇam**

Here ends the **Shaanti Karaṇa** Chant.

**अथ ब्रह्म स्त्रोतम्**

## ATHA BRAHMA STROTAM

*Here Begin the Verses in Praise of God*

नमस्ते सते ते जगत्कारणाय नमस्ते चिते सर्वलोकाश्रयाय।
नमोऽद्वैततत्त्वाय मुक्तिप्रदाय नमो ब्रह्मणे व्यापिने शाश्वताय॥

**1. Namaste sate te jagat kaara-ṇaaya**
**Namaste chite sarva lokaashra-yaaya**
**Namo ‘dvaita tattvaaya mukti pra-daaya**
**Namo brahmaṇe vyaapine shaash-va-taaya.**

*Salutation to that Being, God, Who creates and supports the different worlds. Salutation to that Truth Who is unequalled, and Who grants liberation. Salutations to that Eternal, Supreme Self Who pervades all regions.*

त्वमेकं शरण्यं त्वमेकं वरेण्यं, त्वमेकं जगत्पालकं स्वप्रकाशम्
त्वमेकं जगत्कर्तृ, पातृ प्रहर्तृ, त्वमेकं परं निश्चलं निर्विकल्पम्

**2. Twamekam sharaṇyam twamekam vareṇ-yam**
**Twamekam jagat-paala-kam swa prakaa-sham**
**Twamekam jagat kartri paatri pra-har-tri**
**Twamekam param nish-cha-lam nir-vi-kalpam.**

*You are my sole Refuge, worthy of my final choice. You are the One Protector of the world with Your Self-Radiance. You alone create, sustain and destroy the universe. You are the One Great Motionless Being free from change.*

भयानां भयं भीषणं भीषणानां गतिः प्राणिनां, पावनं पावनानाम्
महोच्चैः पदानां नियन्तृ त्वमेकं परेषां परं रक्षणं रक्षाणानाम्

**3. Bha-yaa-naam bhayam bhee-ṣha-ṇam bhee-ṣha-ṇaa-naam**
**Gatiḥ praa-ṇi-naam paawa-nam paawanaa-naam**
**Mahoch-chaiḥ padaa-naam niyantri twamekam**
**Pare-ṣhaam param rak-ṣha-ṇam rak-ṣhaa-ṇaa-naam**

*Your are feared even by the fearless, and You rule even the rulers. You are the Goal of all creatures. You purify all those who teach the virtue of purity. In a powerful way, You are the One Controller of every step taken. You are the Greatest and the Protector of all protectors.*

वयं त्वां स्मरामो, वयं त्वां भजामो वयं त्वां जगत्साक्षिरूपं नमामः
सदेकं निधानं निरालम्बमीशम् भवाम्भोधिपोतं शरण्यं व्रजामः

**4. Vayam twaam sma-raa-mo vayam twaam bha-jaa-mo**
**Vayam twaam jagat saak-ṣhi roopam namaamaḥ**
**Sadekam nidhaa-nam ni-raa-lam-bam-eesham**
**Bhawaam-bhodhi potam sharaṇ-yam vrajaa-maḥ**

*We think of You, we worship You, we bow to You, O Witness to the drama of this universe. We go to the Shelter of that Unique Being – the Basis of everything, Self-supporting, and Supreme, - a vessel in the sea of Life.*

न तस्य कश्चित् पतिरस्ति लोके न चेशिता नैव च तस्य लिङ्गम्
स कारणं करणाधिपाधिपो न चास्य कश्चित् जनिता न चाधिपः

**5. Na tasya kash-chit patir-asti loke**
**Na cheshi-taa naiva cha tasya liṅgam**
**Sa kaa-ra-ṇam kara-ṇaa-dhipaa-dhipo**
**Na chaasya kash-chit janitaa na chaadhi-paḥ**

*In this world, there is no-one above You, and no ruler greater than You. You are without form, image and defining mark. You are the Ultimate Cause of all causes. You are King of all living organisms. No one created You, or rules over You – You are the Creator and Ruler of all.*

तमीश्वराणां परमं महेश्वरं तं देवतानां परमं हि दैवतम्
पतिं पतीनां परमं परस्ताद विदाम देवं भुवनेशमीड्यम्

**6. Tameesh-wa-raa-ṇaam paramam mahesh-wa-ram**
**Tam deva-taa-naam para-mam hi daiva-tam**
**Patim patee-naam para-mam paras-taad**
**Vidaama devam bhuwa-nesham eeḍ-yam**

*We realize You as the Supreme Lord of all lords, the Supreme God of all gods, the Supreme Protector of all protectors, Lord of the world, Worthy of our praise.*

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव
त्वमेव विद्या द्रविणम् त्वमेव त्वमेव सर्वम् मम देव देव

**7. Twameva maataa cha pitaa twameva**
**Twameva bandhush cha sakhaa twameva**
**Twameva vidyaa draviṇam twameva**
**Twameva sarvam mama deva deva**

*You alone are our Mother, Father, Brother and Friend. You are the Source of our learning and wealth. You are our all-in-all, God of all gods!*

**इति ब्रह्म स्त्रोतम्**

## Iti Brahma Strotam

Here ends the **Brahma Strotam** Chant.

# अथ अग्निहोत्रम्
# ATHA-AGNI-HOTRAM

Here begins the Agnihotra Sacrifice. Since we know God to be the Divine Light, we surrender ourselves to Him symbolically by the kindling of this sacrificial fire. Onto this blazing fire, we make offerings of our self- symbolized in Ghee [clarified butter] and Saamagree [mixed herbs].

**समिधा चयन SAMIDHAA CHAYANA :**

***Choose thinner Samidhaa (sacrificial wood) and arrange them in the Kuṇḍa in a manner that the spaces between Samidhaas are aerated to support easy combustion.***

**अग्नि प्रदीपन AGNI PRA-DEE-PANA:** - ***Kindling the sacrificial fire.***

**Instructions:** *Chant the following mantra, and light a deepak (deeyaa).*

ओं भूर्भुवः स्वः ॥

1. **Om bhoor bhuwaḥ swaḥ.**

*Before I kindle this sacrificial fire, I meditate on the Light of Wisdom that pervades earth, sky and heaven, and I pray that this Wisdom may be my unerring guide in my quest to know my soul, God and the universe.*

**अग्नि आधान AGNI AADHAANA:** Chant the following mantra then from the lighted deepak kindle a piece of camphor placed on a spoon and place it in the kunda between thin samidhaas previously arranged.

ओं भूर्भुवः स्वर्द्यौरिव भूम्ना पृथिवीव वरिम्णा ।
तस्यास्ते पृथिवि देवयजनि पृष्ठेऽग्निमन्नादमन्नाद्यायादधे ॥

—यजुः अ० ३। मं० ५॥

**2. Om bhoor bhuvaḥ swar dyaur-iva bhoomnaa**
**prithiveeva varimṇaa,**
**Tasyaas-te prithivi deva-yajani**
**Priṣh-ṭhe'gnim annaa- dam-annaa dyaayaa dadhe.**

*Kindling this fire that pervades earth, sky and heaven, I pray that I become broad in vision like heaven, and richly abundant like earth. O Earth, many sages in ancient times, seated on your surface, performed this sacrifice. Today, like the sages of the past, I place this food-consuming fire on this very surface of yours. May I acquire wholesome food.*

**अग्नि समिन्धान AGNI SAMINDHANA: -** Fanning the fire (if necessary), causing it to rise.

**ओम् उद्बुध्यस्वाग्ने प्रतिजागृहि त्वमिष्टापूर्ते सꣳसृजेथामयं च ।
अस्मिन्त्सधस्थेऽअध्युत्तरस्मिन् विश्वे देवा यजमानश्च सीदत ॥**

—यजुः अ० १५। मं० ५४॥

3. **Om ud-budhya-swa-agne prati-jaagrihi
twam iṣhṭaa poortte saṃ-srije-thaamayañ cha.
Asmintsadhasthe' adhyut-tarasmin
vishve devaa yaja-maanash cha seedata.**

*Be awakened, O Divine Fire, and watch over my life. May both you and this sacrificer, together, accomplish earthly and heavenly deeds. In this life, and in future lives too, may all wise people and the sacrificer be seated together for this noble performance.*

**समिधाधान SAMIDH AADHAANA: -** Offering three **Samidhaas** (pieces of sacrificial wood).

**ओम् अयं त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्ध वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा॥ इदमग्नये जातवेदसे इदं न मम ॥१॥** —इस मन्त्र से एक

4. **Om Ayanta idhma aatmaa
jaata-vedas tene-dhyasva var-dhasva ched-dha vardhaya
chaasmaan praja-yaa pashu-bhir brahma-varchasena-
annaa-dyena samedhaya swaahaa,
Idam agnaye jaata-vedase, idanna mama**
***(With this mantra, offer first Samidhaa.)***

*Oh Self-effulgent Lord, source of all knowledge. Be thou our guest. Through Thy grace, may this fire be kindled and inflamed. Invigorate us also; bless us with noble offsprings, cattle and true knowledge, with spirituality and digestibility. Hail to Thee; this offering is for the Source of all knowledge and not for us.*

**ओं समिधाग्निं दुवस्यत घृतैर्बोधयतातिथिम् ।
आस्मिन् हव्या जुहोतन स्वाहा ॥ इदमग्नये इदं न मम ॥२॥**

5. **Om samidhaagnim duvasyata
ghritair bodhaya taa-tithim,
Aasmin havyaa juho-tana swaahaa,
Idam agnaye, idanna mama.** *(Do not offer samidhaa with this mantra)*

*Serve Agni (God) with well-kindled powers (concentration and devotion) and awaken that Guest with the essence of your personality. In this physical fire, make your sacramental offerings to God and the cosmic forces.*

# सुसमिद्धाय शोचिषे घृतं तीव्रं जुहोतन ।
# अग्नये जातवेदसे स्वाहा ॥ इदमग्नये जातवेदसे इदं न मम ॥३॥

6. **Om Su-samid-dhaaya sho-chi-ṣhe**
**ghritam teevram juhotana,**
**Agnaye jaata-vedase swaahaa,**
**Idam agnaye jaata-vedase, idanna mama.**
*(With this and prior mantra, offer second samidhaa)*

*Unto this well-kindled, blazing fire, unto this Jaata vedas Agni, the supreme purifier, offer the supremely purified essence of your personality. This is truthfully unto Jaata-vedas Agni, and no more mine.*

# ओं तन्त्वा समिद्भिरङ्गिरो घृतेन वर्धयामसि ।
# बृहच्छोचा यविष्ठ्य स्वाहा ॥ इदमग्नयेऽङ्गिरसे इदं न मम ॥४॥

—यजुः अ० ३। मं० १, २, ३॥

7. **Om Tan-tvaa samid-bhir-aṅgiro**
**ghritena vardha-yaamasi,**
**Brihach chho-chaa ya-viṣh-ṭhya swaahaa,**
**Idam agnaye 'ṅgirase, idanna mama.**
(*With this mantra, offer third Samidhaa.*)

*We enhance you with sacrificial fuel and with our purified essence, Oh Aṅgiras. Blaze forth in brilliance, and vigorously burn out the impurity in this my body, offered for purification. This body offering is truthfully unto Aṅgiras Agni, it is no more mine.*

**पंच घृत आहुति PAÑCHA GHRIT AAHUTI:** *Five Ghee Oblations*

# ओम् अयं त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्ध वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा॥ इदमग्नये जातवेदसे इदन्न मम ॥५॥

8. **Om Ayanta idhma aatmaa**
**jaata-vedas tene-dhyasva var-dhasva ched-dha vardhaya**
**chaasmaan praja-yaa pashu-bhir brahma-varchasena-**
**annaa-dyena samedhaya swaahaa,**
**Idam agnaye jaata-vedase, idanna mama**

*Oh Jaata-vedas Agni! Oh Divine Fire present in all creation! This, my body, is a fuel Offered unto You. Be kindled with this fuel, and make us shine in our lives. Become enhanced and make us go forward, enriching us with noble offsprings, comforts in life, proper foods, and with the brilliance of Divine Knowledge. This offering is made from the Depth of our soul unto Jaata-vedas Agni; this is no more ours.*

## जल सिंचन

**JALA SIÑCHANA:** *Fill right palm with water, and sprinkle around the Kunda as directed. Take proper care to not get water inside the kund.*

ओम् अदितेऽनुमन्यस्व ॥ इस मन्त्र से पूर्व ।

9. **Om adite 'nu-man-yasva.** (Sprinkle in Eastern side from South to North)
*O **Aditi**! Consent unto a life of good deeds.*

ओम् अनुमतेऽनुमन्यस्व ॥ इस से पश्चिम ।

10. **Om anumate 'nu-man-yasva.** (Western side from South to North)
*O Anumati! Consent unto life of good deeds.*

ओं सरस्वत्यनुमन्यस्व ॥ इस से उत्तर ।

11. **Om saraswat-yanu-man-yasva.** (Northern side from west to east)
*O **Saraswati**! Consent unto life of good deeds.*

ओं देव सवितः प्रसुव यज्ञं प्रसुव यज्ञपतिं भगाय ।
दिव्यो गन्धर्वः केतपूः केतं नः पुनातु वाचस्पतिर्वाचं नः स्वदतु ॥
—यजुः अ० ३०। मं० १

12. **Om deva savitaḥ! prasuva yajñam**
**prasuva yajña-patim bhagaaya,**
**Divyo gandharwaḥ keta-pooḥ**
**ketan-naḥ punaatu**
**vaachas-patir vaachan-naḥ swa-datu**

**(**Sprinkle in all four directions, **starting from south east corner in a clockwise direction back to start)**

*O Deva Savitah! Inspire my life of sacrifice onward, and inspire me, the sacrificer, to attain fortune. The divine waters sustain one's body and wash one's thought clean of impurity, May these waters, indeed, purify my thought and understanding. And may the Lord of Speech inspire sweetness in the words that I utter.*

## आघारावाज्यभागाहुति AAGHAA-RAAV-AAJYA-BHAAG-AAHUTI:

*Four Ghee Oblations (While offering spread the ghee from western direction to the eastern direction all along the edge of the kund.)*

**ओम् अग्नये स्वाहा ॥ इदमग्नये इदन्न मम ॥**

13. **Om agnaye swaahaa,** (Make oblation onto the fire, to the North)
**Idam agnaye, idanna mama.**

*Unto **Agni**, the force of cosmic strength, is this offering truthfully made. Nothing is mine.*

**ओं सोमाय स्वाहा ॥ इदं सोमाय इदं न मम ॥**

14. **Om somaaya swaahaa,** (Oblation to the South)
**Idam somaaya, idanna mama.**

*Unto **Soma**, the force of cosmic harmony, is this offering truthfully made. Nothing is mine.*

**ओं प्रजापतये स्वाहा ॥ इदं प्रजापतये इदन्न मम ॥**

15. **Om prajaa-pataye swaahaa,** (Oblation to the Center)
**Idam prajaa-pataye, idanna mama.**

*Unto **Prajaapati**, the force of cosmic creation, is this offering truthfully made. Nothing is mine.*

**ओम् इन्द्राय स्वाहा ॥ इदमिन्द्राय इदन्न मम ॥**

16. **Om indraaya swaahaa,**
**Idam indraaya, idanna mama.** (Center)

*Unto **Indra**, the force of cosmic control, is this offering truthfully made. Nothing is mine.*

## प्रधान होम

**PRADHAANA HOMA: -** Principal Sacrifice, relating to the purpose of the Havan.

## प्रातः काल आहुति

**PRAATAḤ KAAL AAHUTI: - Morning Ghee-Saamagree Oblations.**

Make offerings of ghee, saamagree, and sthaaleepak (special grain preparation)

**ओं सूर्यो ज्योतिर्ज्योतिः सूर्यः स्वाहा ॥१॥**

17. **Om sooryo jyotir jyotiḥ sooryaḥ swaahaa.**
*The Divine Sun possesses Light, and this Light shines in the rising sun.*
***Swaahaa** – this declaration of realized truth comes from the depth of my soul.*

**ओं सूर्यो वर्चो ज्योतिर्वर्चः स्वाहा ॥२॥**

18. **Om sooryo varcho jyotir varchaḥ swaahaa.**
*The Divine Sun possesses Splendor, and this Splendor shines in the rising sun. **Swaahaa.***

ओं ज्योतिः सूर्यः सूर्यो ज्योतिः स्वाहा ॥३॥

**19. Om jyotiḥ sooryaḥ sooryo jyotiḥ swaahaa.**

*Light resides in the Divine Sun, and the rising sun reflects this Light.* ***Swaahaa.***

ओं सजूर्देवेन सवित्रा सजूरुषसेन्द्रवत्या ।
जुषाणः सूर्यो वेतु स्वाहा ॥४॥

**20. Om sajoor devena savitraa sajoor uṣhasendra-vatyaa**
**Juṣhaaṇaḥ sooryo vetu swaahaa.**

*The Divine Sun is in harmony with the rising sun and the brilliant dawn. May this beloved Divine Sun be realized in me.*

**सायं काल आहुति**

**PRADHAANA HOMA - SAAYAM KAAL AAHUTI:-** ***Evening Oblations***
*Make offering of* ***Ghee*** *and* ***Saamagree***

ओम् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ॥१॥

**21. Om agnir jyotir jyotir agniḥ swaahaa.**

*The Divine Fire possesses Light, and this Light shines in the earthly fire that we kindle at night.* ***Swaahaa.***

ओम् अग्निर्वर्चो ज्योतिर्वर्चः स्वाहा ॥२॥

**22. Om agnir varcho jyotir varchaḥ swaahaa.**

*The Divine Fire possesses Splendor, and this Splendor shines in the earthly fire*. ***Swaahaa.***

ओम् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ॥३॥
इति मन्त्रं मनसोच्चार्य्य तृतीयाहुतिर्देया ।

**23. Om agnir jyotir jyotir agniḥ swaahaa.** - (Silent chant then make offering)

*The Light that shines in the earthly fire is the Light that belongs to the Divine Fire.*

ओं सजूर्देवेन सवित्रा सजू रात्र्येन्द्रवत्या ।
जुषाणोऽग्निर्वेतु स्वाहा ॥ ४ ॥ य० अ० ३ । मं० ९,१० ॥

**24. Om sajoor devena savitraa**
**sajoo-raatryendra-vatyaa,**
**Juṣhaaṇo' agnir vetu swaahaa.**

*The Divine Fire is in harmony with the setting sun and with the moonlit night. May this beloved Divine Fire be realized in me.*

## प्रातः सायं आहुति

**PRAATAḤ SAAYAM AAHUTI**:
*Morning and Evening Oblations of Ghee and Saamagree*

**ओं भूरग्नये प्राणाय स्वाहा ॥ इदमग्नये प्राणाय इदं न मम ॥१॥**

25. **Om bhoor agnaye praaṇaaya swaahaa,**
**Idam agnaye praaṇaaya, idanna mama.**

*Unto the earthly fire that acts like breath to energize all creatures, do I make this truthful offering.*

**ओं भुवर्वायवेऽपानाय स्वाहा ॥ इदं वायवेऽपानाय इदं न मम॥२॥**

26. **Om bhuvar-vaayave 'paanaaya swaahaa,**
**Idam vaaya-ve 'paanaa-ya, idanna mama.**

*Unto the atmospheric wind that cools the surrounding and removes uneasiness by providing fresh air, do I make this truthful offering.*

**ओं स्वरादित्याय व्यानाय स्वाहा ॥ इदमादित्याय व्यानाय इदं न मम ॥३॥**

27. **Om swar-aadit-yaaya vyaanaa-ya swaahaa,**
**Idam aadit-yaaya vyaanaa-ya, idanna mama.**

*Unto the heavenly sun that makes the world happy by giving light, and causing rain to fall and grains to ripen, do I make this truthful offering.*

**ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः स्वाहा॥ इदमग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः इदं न मम ॥४॥**

28. **Om bhoor bhuvaḥ swar-agni vaay-vaa-ditye-bhyaḥ**
**praaṇa-apaana vyaane-bhyaḥ swaahaa,**
**Idam agni vaay-vaa-ditye-bhyaḥ**
**praaṇa-apaana vyaane-bhyaḥ, idanna mama.**

*Unto earth, sky and heaven, and unto the corresponding fire, air and sun, with their functions of energizing, removing pains and making the world happy, do I make this truthful offering.*

**ओम् आपो ज्योती रसोऽमृतं ब्रह्म भूर्भुवः स्वरों स्वाहा ॥ ५ ॥**

29. **Om aapo jyotee raso 'mritam brahma**
**bhoor bhuvaḥ swar-om swaahaa.**

*In the performance of this sacrifice, I have sought to discover the secrets surrounding:*

1) *God, the Supreme-most, All-pervading, and of the nature of Light, Love and Immortality, and*
2) *The Earth, Sky, and Heaven.*

*Om Swaahaa! Yes, indeed, they have all been truthfully described in this sacrifice. May they all become known to me.*

### Praying for a functional intellect

ओं यां मेधां देवगणाः पितरश्चोपासते । तया मामद्य मेधयाग्ने
मेधाविनं कुरु स्वाहा ॥६॥ —यजुः अ० ३२। मं० १४॥

**30. Om yaam medhaam deva-gaṇaaḥ pitarash chopaa-sate**
**Tayaa maamadya medhaya-agne**
**Medhaa-vinam kuru swaahaa.**

*O Radiant Lord of Knowledge! Make me knowledgeable today with that same knowledge which the company of the learned and people of wisdom strive to attain, so that I may indeed know You and the world.*

### Praying for a discriminating intellect

ओं विश्वानि देव सवितर्दुरितानि परा सुव ।
यद् भद्रन्तन्नऽ आ सुव स्वाहा ॥७॥ —यजुः० अ० ३०। मं० ३॥

**31. Om vishvaani deva savitar duritaani paraa-suva**
**Yad bhadran tan-na’ aa suva swaahaa.**

*Take away from my mind, Radiant Creator, all tendencies to transgress Your Laws, bringing unto me, instead, all that is beautiful, benevolent and auspicious.*

### Praying for a realized intellect

ओम् अग्ने नय सुपथा रायेऽअस्मान् विश्वानि देव वयुनानि
विद्वान्। युयोध्यस्मज्जुहुराणमेनो भूयिष्ठान्ते नमऽउक्तिं विधेम
स्वाहा ॥८॥ —यजुः अ० ४०। मं० १६॥

**32. Om agne naya su-pathaa raaye ‘asmaan**
**Vishvaani deva vayu-naani vidvaan,**
**Yuyo-dhyas-maj juhuraaṇam eno**
**Bhooyiṣh-ṭhaan-te nama ‘uktim vidhema swaahaa.**

*O Radiant Lord of Light! Lead me unto the right path that I may attain the wealth of liberation, for You know all the pathways that lead in that direction. Separate sin from me, for it only leads me astray. Again and again, I offer you words of salutations and praise.*

## स्विष्ट कृत आहुति

**SVIṢHṬA-KRIT AAHUTI:** Oblation for Atonement

Make offerings of Bhaat [cooked grains] or Ghee.

**ओं यदस्य कर्मणोऽत्यरीरिचं यद्वा न्यूनमिहाकरम् । अग्निष्ट-त्स्विष्टकृद्विद्यात् सर्वं स्विष्टं सुहुतं करोतु मे । अग्नये स्विष्टकृते सुहुतहुते सर्वप्रायश्चित्ताहुतीनां कामानां समर्द्धयित्रे सर्वान्नः कामान्त्समर्द्धय स्वाहा ।। इदमग्नये स्विष्टकृते इदं न मम ।।**

**33. Om yadasya karmaṇo 'tyaree-richam**
**yad vaa nyoonam-ihaa karam,**
**Agniṣhṭat-sviṣhṭa-krid vidyaat,**
**sarvam sviṣh-ṭam su-hutam karotu me,**
**Agnaye sviṣhṭa-krite su-huta-hute**
**sarva-praayash-chitt-aahuteenaam**
**kaamaa-naam samar-ddhayi-tre**
**sarvaan naḥ kaamaant samard-dhaya swaahaa,**
**Idam agnaye, sviṣhṭa-krite, idanna mama.**

*O **Agni,** O **God,** You are the All-knowing One, You fully know whatever is excessive or lacking in my performance of this sacrifice. May You, the Fulfiller, fulfill my performance by harmonizing it with my intent, righteous in nature, and making it well-performed. I beseech You to make me successful in all that I righteously and appropriately desire. I address this prayer to You Who fulfills all offerings and makes them well-performed, Who accepts all confession and repentance, and Who grants success in all righteous wishes. All this is unto **Agni**, the Fulfiller, nothing is mine.*

## प्रजापत्याहुति PRA-JAA-PAT-YAA'HUTI: Silent Oblation to **Prajaapati**

Chant **mantra** silently and make offering (**Ghee** and **Saamagree**) with Swaahaa

**ओं प्रजापतये स्वाहा ।। इदं प्रजापतये इदन्न मम ।।**

**34. Om prajaa-pata-ye swaahaa.**
**Idam prajaa-pata-ye, idanna mama.** **(Chant silently)**

*Unto **Prajaapati,** the Silent Witness to the drama of this Universe is this offering made. Nothing is mine.*

**For a special occasion / sanskaara (Brihad Visheṣh Yajña) now perform the following offerings and then make offerings specific to that occasion / sanskaara**

## बृहद विशेष यज्ञ BRIHADA VISHEṢHA YAJÑA

*Mantras and Oblations for Big, Special Occasions / Sanskaaras.*

### पवमान आहुति PAVA-MAAN AAHUTI:

**Oblations for Purification and Enlightenment.**

Make offerings of Ghee only with these Mantras

ओं भूर्भुवः स्वः । अग्न आयूंषि पवस आ सुवोर्जमिषं च नः ।
आरे बाधस्व दुच्छुनां स्वाहा ॥ इदमग्नये पवमानाय इदन्न मम ॥१॥

35. **Om bhoor bhuvaḥ swaḥ,**
**Agna aayoomṣhi pavasa aa suvor-jamiṣham cha naḥ**
**Aare baadhas-wa duch-chhu-naam swaahaa.**
**Idam agnaye pava-maanaa-ya, idanna mama.**

*Om, Bhooḥ, Bhuwaḥ, Swaḥ, Oh God, Thou art the giver of life. Purify and lengthen our lives and grant us strength and proper food. Oh Thou check our misfortunes. This is for God the sacrificer, not for me.*

ओं भूर्भुवः स्वः । अग्निर्ऋषिः पवमानः पाञ्चजन्यः पुरोहितः ।
तमीमहे महागयं स्वाहा ॥ इदमग्नये पवमानाय इदन्न मम ॥२॥

36. **Om bhoor bhuvaḥ swaḥ,**
**Agnir riṣhiḥ pawa-maanaḥ paañcha-janyaḥ purohitaḥ**
**Tamee-mahe mahaa-gayam swaahaa.**
**Idam agnaye pawa-maanaa-ya, idanna mama.**

*Om, Bhooḥ, Bhuwaḥ, Swaḥ, The wise God is purifier and well-wisher of all. We pray to Him the Almighty. This is for the purifying God and not for me.*

ओं भूर्भुवः स्वः । अग्ने पवस्व स्वपा अस्मे वर्चः सुवीर्यम् ।
दधद्रयिं मयि पोषं स्वाहा ॥ इदमग्नये पवमानाय इदन्न मम ॥३॥
—ऋ० मं० ९। सू० ६६। मं० १९–२१॥

37. **Om bhoor bhuvaḥ swaḥ,**
**Agne pawaswa swapaa asme varchaḥ su-veeryam**
**Dadhad rayim mayi poṣham swaahaa.**
**Idam agnaye pawa-maanaa-ya, idanna mama.**

*Om Bhooḥ, Bhuwaḥ, Swaḥ. Oh God of glorious actions pour on us splendor and powers, grant us nourishing wealth. This is for the purifying God and not for me.*

ओं भूर्भुवः स्वः । प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परि ता बभूव । यत्कामास्ते जुहुमस्तन्नो अस्तु वयं स्याम पतयो रयीणां स्वाहा ॥
इदं प्रजापतये इदन्न मम ।।४।। —ऋ० मं० १०। सू० १२१। मं० १०।।

38. **Om bhoor bhuvaḥ swaḥ,**
**Prajaa-pate na twad-etaan-yanyo**
**vishwaa jaataani pari taa babhoowa,**
**Yat kaamaas-te juhumas tan-no astu**
**vayam syaama patayo rayeeṇaam swaahaa.**
**Idam prajaa-pataye, idanna mama.**

*Om, Bhooḥ, Bhuwaḥ, Swaḥ. Oh Prajaapati, Lord of all, none except Thee comprehends all these created objects. When we invoke Thee for our desired object; Oh God, let it be ours. Let us be possessors of all wealth. This is for the Lord of the universe and not for me.*

**अष्ट आज्याहुति AṢHṬA AAJYAA-'HUTI: Eight Oblations for Auspiciousness.**

Offer ghee and saamagree.

ओं त्वं नो अग्ने वरुणस्य विद्वान् देवस्य हेळोऽव यासिसीष्ठाः। यजिष्ठो वह्नितमः शोशुचानो विश्वा द्वेषांसि प्र मुमुग्ध्यस्मत् स्वाहा।। इदमग्नीवरुणाभ्याम् इदं न मम ।।१।।

39. **Om twan no agne varuṇasya vidvaan**
**devasya heḷo 'va yaa-si-seeṣh-ṭhaaḥ,**
**Yajiṣh-ṭho vahni-tamaḥ shoshu-chaano**
**vishvaa dveṣhaan-si pra-mumug-dhyas-mat swaahaa.**
**Idam agnee-varuṇaa-bhyaam, idanna mama.**

*O Agni, O God! O Knowledgeable One! Bless our effort towards driving away from us the tendency to show disrespect to others. O Great Sacrificer, the Best Leader, the Most Glorious, help us shed all sorts of hatreds and ill wills. This is for God, the Ruler of the universe not for me.*

ओं स त्वं नो अग्नेऽवमो भवोती नेदिष्ठो अस्या उषसो व्युष्टौ । अव यक्ष्व नो वरुणं रराणो वीहि मृळीकं सुहवो न एधि स्वाहा ।। इदमग्नीवरुणाभ्याम् इदं न मम ।।२।।

—ऋ० मं० ४। सू० १। मं० ४, ५।।

**40. Om sa twan-no agne 'vamo bhavotee**
**Nediṣh-ṭho asyaa uṣhaso vyuṣh-ṭau,**
**Ava yak-ṣhwa no varuṇam ra-raaṇo**
**veehi mriḷeekam suhavo na edhi swaahaa.**
**Idam agnee-varuṇaa-bhyaam, idanna mama.**

*O Agni, O God, be closest to us. At the break of the dawn, be our nearest Friend in offering help. May we, with the help of the knowledge granted by You, destroy all binding influences and promote our peaceful nature. Accept our offerings. Be with us - this is for God, King of the universe, not for me.*

ओम् इमं मे वरुण श्रुधी हवमद्या च मृळय ।
त्वामवस्युराचके स्वाहा ॥ इदं वरुणाय इदं न मम ॥३॥
—ऋ० मं० १। सू० २५। मं० १९॥

**41. Om imam me varuṇa shrudhee**
**Havam adyaa cha mriḷaya,**
**Tvaam avasyur aacha-ke swaahaa.**
**Idam varuṇaaya, idanna mama.**

*O Varuna! King of kings, hear this call of mine, be gracious unto me as I am longing for help, I call out to thee. This is for the King of the universe and not for me.*

ओं तत्त्वा यामि ब्रह्मणा वन्दमानस्तदा शास्ते यजमानो हविर्भिः।
अहेळमानो वरुणेह बोध्युरुशंस मा न आयुः प्र मोषीः स्वाहा ॥
इदं वरुणाय इदं न मम ॥४॥ —ऋ० मं० १। सू० २४। मं० ११॥

**42. Om tat-twaa yaami brahmaṇaa vanda-maanas**
**tadaa shaaste yajamaano havir-bhiḥ,**
**Aheḷa-maano varuṇeha bo-dhyu-ru-shansa**
**maa na aayuḥ pra-mo-ṣheeḥ swaahaa.**
**Idam varuṇaaya, idanna mama.**

*I Come to Thee with my prayers adoring. Thy worshipper craves this with humble supplications. O Varuna, King of kings, be here without anger. O, Thou of wide reputation, let not our life be cut short. This is for the King of Kings, Father of all, and not for me.*

ओं ये ते शतं वरुण ये सहस्त्रं यज्ञियाः पाशा वितता महान्तः। तेभिर्नो अद्य सवितोत विष्णुर्विश्वे मुञ्चन्तु मरुतः स्वर्क्काः स्वाहा ॥ इदं वरुणाय सवित्रे विष्णवे विश्वेभ्यो देवेभ्यो मरुद्भ्यः स्वर्क्केभ्यः इदं न मम ॥५॥

**43.  Om  ye te shatam varuṇa ye sahasram**
**Yaj-ñi-yaaḥ paashaa vita-taa mahaantaḥ,**
**Tebhir no adya savi-tota viṣhnur**
**vishve muñ-chantu marutaḥ svark-kaaḥ swaahaa,**
**Idam varuṇaaya savitre viṣhnave vishve-bhyo**
**Devebhyo marud-bhyaḥ svarkke-bhyaḥ, idanna mama.**

*O Varuna, Great Ruler, whatever are Thy hundred fold, sacrificial bonds; whatever are thousand-folds, by them may Savitaḥ, Vishnu, and all wise people help us to gain liberation. This offering is for Varuna, Savita, Vishnu and all sages and wise people-not for me.*

ओम् अयाश्चाग्नेऽस्यनभिशस्तिपाश्च सत्यमित्त्वमयाऽसि। अया नो यज्ञं वहास्यया नो धेहि भेषजꣳ स्वाहा ॥ इदमग्नये अयसे इदं न मम ॥६॥

**44.  Om  ayaash chaagne 'syana-bhi shasti-paash cha**
**Satyam-it tvam ayaa 'si,**
**Ayaa no yajñam vahaas-ya-yaa**
**no dhehi bheṣha-jaṃ swaahaa.**
**Idam agnaye ayase, idanna mama.**

*O Agni, O God, Thou art found everywhere, You are Protector of the virtuous. Carry our sacrifice to a successful end and help us that we may sustain cure for our transgressions. Verily art Thou all moving, O all moving God; Thou accept our sacrifice. Give health unto us, this sacrifice is for God the moving and not for me.*

ओम् उदुत्तमं वरुण पाशमस्मदवाधमं वि मध्यमं श्रथाय। अथा वयमादित्य व्रते तवानागसो अदितये स्याम स्वाहा ॥ इदं वरुणायाऽऽदित्यायादितये च इदं न मम ॥७॥

—ऋ० मं० १। सू० २४। मं० १५॥

**45. Om ud-ut-tamam varuṇa paasham-asmad**
**avaadhamam vi madhya-mam shra-thaaya,**
**Athaa vayam aaditya vrate**
**tavaanaa-gaso adita-ye syaama swaahaa.**
**Idam varu-ṇaayaa 'dit-yaaya-aditaye cha, idanna mama.**

*O Varuṇa! King of Kings, loosen the bonds that bind us in the upper, middle, and lower levels - impure thoughts; impure emotions of lust, greed, anger, etc.; and excessive, uncontrolled sense-enjoyment. And thereafter may we be sinless, O Great Ruler, O Imperishable One, Thy Government is for the sake of the world at large. This offering is far the King, the government and the world and not for me.*

ओं भवतन्नः समनसौ सचेतसावरेपसौ । मा यज्ञं हिंसिष्टं मा यज्ञपतिं जातवेदसौ शिवौ भवतमद्य नः स्वाहा॥ इदं जातवेदोभ्याम् इदं न मम ॥८॥

—यजुः अ० ५। मं० ३॥

**46. Om bhavatan-naḥ sa-manasau**
**sa-cheta-saav-are-pasau,**
**Maa yajñaṃ hiṃ siṣh-ṭam**
**maa yajñapatim jaataveda-sau**
**Shivau bhavatam adya naḥ swaahaa.**
**Idam jaata-vedo-bhyaam, idanna mama.**

*O God of the universe, free us from all evils, may we, married couple, be one-minded and well disposed. Harm not the sacrifice or the tradition of sacrifice. Harm not the lord of sacrifice. O knowing One, be kind to us now and forever. This is for the Knowing One, Father of all, not for me.*

***Oblations for any special occasions/ sankaaras should be performed now.***

# Routine offerings for specific reasons

## Thanking Mother Nature प्रकृति के लिए आहुति

ओ३म् शन्नों मित्रः शं वरुणः शन्नों भवत्वर्यमा।
शन्न॒ऽइन्द्रो बृहस्पतिः शन्नो विष्णुरुरुक्रमः॥
नमो ब्रह्मणे नमस्ते वायो त्वमेव प्रत्यक्षं ब्रह्मासि। त्वामेव प्रत्यक्षं ब्रह्म वदिष्यामि ऋतं वदिष्यामि सत्यं वदिष्यामि तन्मामवतु तद्वक्तारमवतु। अवतु माम्। अवतु वक्तारम्।
ओ३म् शान्तिश्शान्तिश्शान्तिः॥ १॥

—[तुलना—तै०आ०प्रपा० ७। अनु० १]

**Om Shanno mitraḥ sham varuṇaḥ shanno bhavat-varyamaa**
**Shanna'indro brihaspatiḥ shanno Viṣhṇu-ru-rukramaḥ**
**Namo brahamaṇe Namaste vaayo**
**twameva pratyakṣham brahmaasi**
**twaameva pratyakṣham brahama vadiṣhyaami**
**ritam vadiṣhyaami**
**satyam vadiṣhyaami**
**tanmaam-avatu tad-vaktaaram-avatu**
**avatu maam avatu vaktaaram**
**Om Shaantish shaantish shaantiḥ**

*May various elements and forces of nature, Mitra (air), Varuna (water), Aryama (Sun), Indra (rain & thunder), Brihaspati (intellect) and Vishnu (heaven) be propitious with Us. Salutations to you O God; Salutations to you O Vayu (all sustaining elements of mother nature); You indeed are the manifestation of God. I Proclaim, You indeed are the manifestation of God. I speak about the divine truth. I speak about the timeless truth. Protect me and protect the teacher.*

*As per Sansankaar Vidhi (p 177) following oblations (Offering of cooked grains) should be performed on the last day of a moon phase, waxing (full moon) or waning (No moon)*

## Poorṇima (Full Moon) Yajña पूर्णिमा यज्ञ

### ओम् अग्नये स्वाहा

**Om agnaye swaahaa**

ओम् अग्नीषोमाभ्याम् स्वाहा

**Om agnee-ṣhomaabhyaam swaahaa**

ओं विष्णवे स्वाहा

**Om viṣhṇave swaahaa**

ओं भूरग्नये स्वाहा || इदमग्नये इदन्न मम ||

**Om bhooragnaye swaahaa. Idam agnaye, idanna mama**

ओं भुवर्वायवे स्वाहा || इदं वायवे इदन्न मम ||

**Om bhuvar-vaayave swaahaa. Idam vaayave, idanna mama**

ओं स्वरादित्याय स्वाहा || इदमादित्याय इदन्न मम ||

**Om swaraa-dityaaya swaahaa. Idam aadityaaya, idanna mama**

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ||

इदमग्निवाय्वादित्येभ्यः इदन्न मम ||

**Om bhoor-bhuvaḥ swar-agni-vaayva-aditye-bhyaḥ swaahaa.**
**Idam-agni vaayvaa-dityebhyaḥ, idanna mama**

Amaavasyaa (No Moon) Yajña अमावस्या यज्ञ

ओम् अग्नये स्वाहा

**Om agnaye swaahaa**

ओम् इंद्राग्नीभ्याम् स्वाहा

**Om indraa-gneebhyaam swaahaa**

ओं विष्णवे स्वाहा

**Om viṣhṇave swaahaa**

ओं भूरग्नये स्वाहा || इदमग्नये इदन्न मम ||

**Om bhooragnaye swaahaa. Idam agnaye, idanna mama**

ओं भुवर्वायवे स्वाहा || इदं वायवे इदन्न मम ||

**Om bhuvar-vaayave swaahaa. Idam vaayave, idanna mama**

ओं स्वरादित्याय स्वाहा || इदमादित्याय इदन्न मम ||

**Om swaraa-dityaaya swaahaa. Idam aadityaaya, idanna mama**

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ||

इदमग्निवाय्वादित्येभ्यः इदन्न मम ||

**Om bhoor-bhuvaḥ swar-agni-vaayva-aditye-bhyaḥ swaahaa.**
**Idam-agni vaayvaa-dityebhyaḥ, idanna mama**

**Praying for health** स्वास्थ्य के लिए आहुति

भद्रं कर्णेभिः शृणुयाम देवा भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवाꣳसस्तनूभिर्व्यशेमहि देवहितं यदायुः ॥

**Om Bhadraṅ karṇe-bhiḥ shriṇu-yaama devaa**
**Bhadram pash-ye-maak-ṣhabhir-yajatraaḥ,**
**Sthirair-aṅgais-tuṣhṭu-vaaṃ-sas tanoobhir**
**vyashe-mahi devahitam yad-aayuḥ**

Om, O God, may we hear with our ears what is auspicious,
May we see with our eyes what is auspicious and adorable,
May we be prayerful (in life) with steadiness in our bodies (and minds),
May we offer our lifespan allotted by You (for the service of Your cause, i.e. perform Dharmic actions)

ओं स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः ॥
स्वस्ति नस्ताक्ष्र्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ॥

**Om Svasti Na Indro Vriddha-Shravaaḥ,**
**Svasti Naḥ Pooṣhaa Vishva-Vedaaḥ**
**Svasti Nas-Taarkṣhyo Ariṣhṭa-Nemiḥ**
**Svasti No Brihaspatir-Dadhaatu (RV 1:89:8&6 Also from Upanishads)**

May Indra, God, (of Vedas Who is of great wisdom and glory) grant us well-being (by bestowing wisdom). May Pushaḥ (God as The Nourisher) Who is of great knowledge grant us well-being (by nourishing us and granting knowledge). May Taarksya (Lord of great Protective Power and a thunderbolt/destroyer to misfortunes) grant us well-being (by protecting us from misfortunes).
(And) May Brihaspati (God as the Ultimate Guru of the Devas) grant us Well-Being,

ओम् आप: शिवा: शिवतमा: शांता: शान्ततमास्तास्ते कृण्वन्तु भेषजम्

**Om Aapaḥ shivaaḥ shiva-tamaaḥ shaantaaḥ shanta-tama-asta-aste**
**kriṇvantu bheṣhajam.**

O all pervading God; You are beneficent, make me Benevolent. You are the Giver of Peace, cure me of my illness. By Your grace, may the germ destroying medicines prove effective in curing me speedily.

ओं तनूपा अग्नेऽसि तन्वं पाहि | आयुर्दा अग्नेऽस्यायुर्मे देहि |
वर्चोदा अग्नेऽसि वर्चो मे देहि | अग्नेयन्मे तन्वा ऊनं तन्म आपृण ||

**Om tanoopaa agne 'si tanvam me paahi**
**aayur-daa agne 'syaayur me dehi**
**varcho-daa agne 'si varcho me dehi**
**agne yan-me tanvaa oonam tan-ma aa-priṇa**

O God; Make my body healthy, grant me physical strength, grant me stamina and longevity, By your mercy, may I get well and strong, Kindly remove from my body all ailments and weakness so I may acquire vigor and vitality.

**ओं तेजोऽसि तेजो मयि धेहि | ओं वीर्यमसि वीर्यम् मयि धेहि |**
**ओं बलमसि बलम् मयि धेहि | ओं ओजोऽस्योजो मयि धेहि |**
**ओं मन्युरसि मन्युम् मयि धेहि | ओं सहोऽसि सहो मयि धेहि ||**

**Om tejo 'asi tejo mayi dhehi – Om viryamasi viryam mayi dhehi**
**Om balamasi balam mayi dhehi – Om ojo'sy ojo mayi dhehi**
**Om manyurasi manyum mayi dhehi – Om saho'si saho mayi dhehi**

O Powerful God. Give me power, make my body strong, remove my weakness and give me strength. Give me intelligence, consciousness and perception. Give me righteous anger to destroy sins, and grant me resoluteness and tolerance.

**ओं त्र्यम्बकं यजामहे सुगन्धिम् पुष्टि वर्धनम्**
**उर्वारुकमिव बंधनान् मृत्योर्मुक्षीय माऽमृतात्**
**त्र्यम्बकं यजामहे सुगन्धिम् पतिवेदनम्**
**उर्वारुकमिव बंधनादितो मुक्षीय मामुत:**

**Om Tryambakam yajaamahe sugandhim puṣhti vardhnam,**
**Urvaa-rukam-iva bandhanaan mrityor mukṣheeya maa'mritaat.**
**Tryambakam yajaamahe sugandhim pativedanam**
**Urvaarukam iva bandhanaadito mukṣheeya maamutaḥ**

*Great Divine Sustainer of the three worlds, destroyer of illness and supporter of all Who is worthy of our worship! Just as a ripe fruit is detached automatically from the stem, similarly free us from ailments but not from immortality. Grace us with a healthy, long life.*

## Starting Education विद्यारम्भ

**ओं सह नाववतु | सह नौ भुनक्तु सह वीर्यं करवावहै |**
**तेजस्वि नावधीतमस्तु | मा विद्विषावहै ||**

**Om Saha naavavatu, Saha nau bhunaktu**
**saha veeryam karavaa-vahai**
**Tejasvi-naa-vadhee-tamastu**
**Maa vid-vi-ṣhaa-vahai**

*O God, Let us all unite and protect ourselves. Let us render service to others and let our studies be beneficial and brilliant. Let there be no hatred among us.*

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

**Saraswati namastubhyam varade kaamaroopiṇi**
**Vidyaarambham kariṣhyaami, siddhirbhavatu me sadaa (Rishi Agasthya)**
O Sarasvatī, God of all knowledge, salutations to You, the giver of boons, the One who fulfills righteous desires. As I begin my studies, may there always be accomplishment for me.

**सत्यम् ब्रूयात् प्रियम् ब्रूयान् न ब्रूयात् सत्यमप्रियम् |**
**प्रियम् च नानृतं ब्रूयाद् एष धर्मः सनातनः ||**

**Om Satyam brooyaat priyam brooyaan**
**Na brooyaat satyam apriyam,**
**Priyam cha naanritam brooyaad**
**Eṣha dharmaḥ sanaa-tanaḥ**

A person should speak Truth, and speak it pleasantly (for the well being of people at large).One should not speak truth that is unpleasant (like calling a blind person blind). Also, one should not speak untruth that is pleasant (simply to please others). This is **Sanaatana Dharma**, the Eternal Law.

ओं यां मेधां देवगणाः पितरश्चोपासते । तया मामद्य मेधयाग्ने
मेधाविनं कुरु स्वाहा ॥६॥ —यजुः अ० ३२। मं० १४॥

**Om yaam medhaam deva-gaṇaaḥ Pitarash chopaa-sate**
**Tayaa maam-adya medhaya-agne Medhaa-vinam kuru swaahaa**
O Radiant Lord of Knowledge! Make me knowledgeable today with that same knowledge which the company of the learned and people of wisdom strive to attain, so that I may indeed know You and the world.

ओं विश्वानि देव सवितर्दुरितानि परा सुव ।
यद् भद्रन्तन्नऽ आ सुव स्वाहा ॥७॥ —यजुः० अ० ३०। मं० ३॥

**Om vishvaani deva savitar duritaani paraa-suva**
**Yad bhadran tan-na' aasuva swaahaa.**

Take away from my mind, Radiant Creator, all tendencies to transgress Your Laws, bringing unto me, instead, all that is beautiful, benevolent and auspicious.

ओम् अग्ने नय सुपथा रायेऽअस्मान् विश्वानि देव वयुनानि विद्वान्। युयोध्यस्मज्जुहुराणमेनो भूयिष्ठान्ते नमऽउक्तिं विधेम स्वाहा ॥८॥

—यजुः अ० ४०। मं० १६॥

**Om agne naya su-pathaa raaye 'asmaan**
**Vishvaani deva vayu-naani vidvaan,**
**Yuyo-dhyas-maj juhuraaṇam eno**
**Bhooyiṣh-ṭhaan te nama' uktim vidhema swaahaa.**

O Radiant Lord of Light! Lead me unto the right path that I may attain the wealth of liberation, for You know all the pathways that lead in that direction. Separate sin from me, for it only leads me astray. Again and again, I offer you words of salutations and praise.

## Starting New Job / Business व्यवसाय आरम्भ

**ओं शत हस्त समाहर सहस्त्र हस्त सं किर |**
**कृतस्य कार्यस्य चेह स्फातिम् समावह ||**

**Om Shat-hasta samaahara sahastra hasta sam kira**
**Kritasya kaaryasya cheha sphaatim samaavaha**

Earn with one hundred hands and give with a thousand hands. Expand your business and increase both your earnings and giving.

**ओं येन धनेन प्रपणम् चरामि धनेन देवा धनमिच्छमानः |**
**तस्मिन्म इन्द्रो रुचिमा दधातु प्रजापतिः सविता सोमो अग्निः ||**

**Om yena dhanena prapaṇam charaami dhanena devaa dhanam-ichchha-maanaḥ**
**Tasminma indro ruchimaa dadhaatu prajaapatiḥ savitaa somo agniḥ**

I want to invest into righteous business and earn righteous wealth. May God help me work hard and increase my interest in my endeavors.

**ओं मोघमन्नम् विन्दते अप्रचेताः सत्यम् ब्रवीमि वध इत्स तस्या |**
**नार्यमणम् पुष्यति नो सखायं केवलाघो भवति केवलादि ||**

**Om mogham-annam vindate aprechetaaḥ satyam bravimi vadha itsa tasyaa**
**Naaryamaṇam puṣhyati no sakhaayam kevalaagho bhavati kewalaadi**

The one who earns selfishly only to feed himself is feeding on sin. Wealth should not only be earned righteously but also should be selflessly utilized for the greater good of the entire society.

## Birthday / New born जन्मदिवस / वंश वृद्धि

ओं तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत्। पश्येम शरदः शतं जीवेम शरदः शतꣳ शृणुयाम शरदः शतं प्र ब्रवाम शरदः शतमदीनाः स्याम शरदः शतं भूयश्च शरदः शतात्॥ ४॥

यजुः० अ० ३६। मं० २४॥

**Om Tach chakṣhur devahitam Purastaach chhukram uch-charat**
**Pashyema sharadaḥ shatam**
**Jeevema sharadaḥ shataṃ**
**Shriṇu-yaama sharadaḥ shatam**
**Pra bra-vaama sharadaḥ shatam**
**Adeenaaḥ syaama sharadaḥ shatam**
**Bhooyash cha sharadaḥ shataat.**

**ओं सं मा सिंचंतु मारुत: सं पूषा सं बृहस्पति: |**
**सं मायमग्निः सिंचतु प्रजया च धनेन च दीर्घमायु: कृणोतु मे ||**

**Om Sam maa siñchantu maarutaḥ**
**Sam puṣhaa sam brihaspatiḥ**
**Sam maayam-agniḥ siñchatu prajayaa**
**Cha dhanena cha deergha-maayuḥ kriṇotu me.**

*May the five elements - the life-giving air, the nourishing earth, the food digesting-energy, the juice promoting water, and the balance-maintaining sky - make my body healthy and strong. I pray for Thy blessings to live a hundred years in the company of my kith and kin and be provided with adequate wealth and prosperity.*

**ओं शतम् जीव शरदो वर्धमानः शतम् हेमन्तान् शतमु वसन्तान् |**
**शतम् इंद्राग्नी सविता बृहस्पति: शतायुषा हविषेमम् पुनर्दु: ||**

**Om Shatam jeeva sharado vardha-maanaḥ**
**Shatam hemantaan shatamu vasantaan.**
**Shatam indraagnee savitaa brihaspatiḥ**
**Shataa-yuṣhaa haviṣhemam punar duḥ.**

*May you, consume food that promote long life, strength, and intellect, happily see a hundred years. May you reach a full span of a hundred years with peace.*

## New Year / Holi / Deepawali नव संवत्सर (वर्ष) / होली / दीपावली

Offering of newly harvested grains

ओं पृथिवी द्यौः प्रदिशो दिशो यस्मै द्युभिरावृताः ।
तमिहेन्द्रमुपह्वये शिवा नः सन्तु हेतयः स्वाहा ॥१॥

**Om Prithivee dyauḥ pradisho disho yasmai dyubhiraa-vritaaḥ**
**Tam-ihendram-upahvaye shivaa naḥ santu hetayaḥ swaahaa**

ओं यन्मे किञ्चिदुपेप्सितमस्मिन् कर्मणि वृत्रहन् ।
तन्मे सर्वꣳ समृध्यतां जीवतः शरदः शतꣳ स्वाहा ॥२॥

**Om Yanme kiñchid-upepsitam-asmin karmaṇi vritrahan**
**Tanme sarvaṃ samridhyataam jeevataḥ sharadaḥ shataṃ swaahaa**

ओं सम्पत्तिर्भूतिर्भूमिर्वृष्टिर्ज्यैष्ठ्यꣳ श्रैष्ठ्यꣳ श्रीः प्रजामिहावतु
स्वाहा ॥ इदमिन्द्राय इदन्न मम ॥३॥

**Om Sampattir-bhootir-bhoomir-vrishṭir-jyaiṣhṭhayaṃ shraiṣhṭhyaṃ shreeḥ prajaam-ihaavatu swaahaa. Idam-indraaya idanna mama.**

ओं यस्याभावे वैदिकलौकिकानां भूतिर्भवति कर्मणाम् ।
इन्द्रपत्नीमुपह्वये सीताꣳ सा मे त्वनपायिनी भूयात् कर्मणि
कर्मणि स्वाहा ॥ इदमिन्द्रपत्न्यै इदन्न मम ॥४॥

**Om Yasyaabhaave vaidika-laukikaanaam bhootir-bhavati karmaṇaam**
**Indra-patneem-upahvaye seetaaṃ sa me tvanapaayinee bhooyaat**
**karmaṇi karmaṇi swaahaa. Idam-indra-patnyai idanna mama.**

ओम् अश्वावती गोमती सूनृतावती बिभर्त्ति या प्राणभृतो
अतन्द्रिता । खलमालिनीमुर्वरामस्मिन् कर्मण्युपह्वये ध्रुवाꣳसा मे
त्वनपायिनी भूयात् स्वाहा ॥ इदं सीतायै इदन्न मम ॥५॥

**Om Ashvaavatee gomatee soo-nritaa-vati bibhar-tti yaa praaṇa-bhrito**
**atandritaa khala-maalineem-urvaraam-asmin karmaṇy-uphvaye**
**dhruvaaṃ saa me tvana-paayinee bhooyaat swaahaa.**
**Idam seetaayai idanna mama.**

The use of the blade of the plough benefits the horses, cows and our work. It protects all beings with its hard work. It is strong and useful for the production of grains for animals and aeration of the earth. May it fulfill all our desires. We are giving this oblation for the blade of the plough and not for ourselves.

ओं सीतायै स्वाहा ॥१॥

**Om Seetaayai swaahaa**

May there be good appreciation for Sita, the blade of the plough.

ओं प्रजायै स्वाहा ॥२॥

**Om Prajaayai swaahaa**

May there be prosperity for all the subjects.

ओं शमायै स्वाहा ॥३॥

**Om Shamaayai swaahaa**

May there reign prosperity and satisfaction.

ओं भूत्यै स्वाहा ॥४॥

**Om bhootyai swaahaa**

May all good fortune come to everyone.

**ओं व्रीहयश्च मे यवाश्च मे माषाश्च मे तिलाश्च मे मुद्गाश्च मे खल्वाश्च मे प्रियंगवश्च मे मेऽणवश्च मे श्यामाकाश्च मे नीवाराश्च मे गोधूमाश्च मे मसूराश्च मे यज्ञेन कल्पन्ताम् स्वाहा**

**Om Vreehaya-shcha me yavaa-shcha me maaṣhaa-shcha me tilaa-shcha me mudgaa-shcha me khalvaa-shcha me priyaṅgava-shcha me me'ṇa-vashcha me shyaamaakaa-shcha me neevaaraa-shcha me godhoomaa-shcha me masooraa-shcha me yajñena kalpantaam swaahaa.**

*O mankind, make different knids of palatable food with the help of Rice, Jauo, Urad, Wheat, Massor etc. and offer them in the holy yajña. You consume this food and give it to others.*

**Prayers for Harmony at home** **पारिवारिक सौहार्द**

अनुव्रतः पितुः पुत्रो मात्रा भवतु संमनाः ।
जाया पत्ये मधुमतीं वाचं वदतु शन्तिवान् ॥

**Om Anu-vrataḥ pituḥ putro Maatraa bhavatu sam-manaaḥ.**
**Jaayaa patye madhu- mateem vaacham vadatu shanti-vaan swaaha**

*Let the child be obedient to the father and same mind as the mother. Let the wife speak unto her husband (and vice versa) sweet words that would yield peace for the home.*

*Supreme merciful God, we, the members of this family, have assembled here to offer our prayers. Grant us wisdom and understanding for the promotion of mutual love and affection. May there be complete absence of hatred. May harmony prevail among all the members of the family. May the interaction between the members of this family and others be full of justice, love and mercy. May all members of the family be polite, respectable, and dutiful and may all interact courteously and truthfully.*

मा भ्राता भ्रातरं द्विक्षन्मा स्वसारमुत स्वसा ।
सम्यञ्चः सव्रता भूत्वा वाचं वदत भद्रया ॥

**Om Maa bhraataa bhraataram dvikṣhan-maa sva-saaram-uta sva-saa,**
**Sam-yañchaḥ sa-vrataa bhootvaa**
**vaacham vadata bhadrayaa swaaha**

*O Children of the Family! Let no brother hate his brother (or sister), and let no sister hate her own sister (or brother). Completely united, and following the same goals, speak words to each other in a pleasant and cultural manner.*

**ओं मातृ देवो भव स्वाहा**
**ओं पितृ देवो भव स्वाहा**
**ओम् आचार्य देवो भव स्वाहा**
**ओम् अतिथि देवो भव स्वाहा**

**Om Maatri devo bhava swaahaa**
**Om Pitri devo bhava swaahaa**
**Om Aachaarya devo bhava swaahaa**
**Om Atithi devo bhava swaahaa**

*See your mother as your god, your father, your teacher and your guest as gods.*

## Wedding Anniversary विवाह वर्षगांठ

ओं समञ्जन्तु विश्वे देवाः समापो हृदयानि नौ ।
सं मातरिश्वा सं धाता समु देष्ट्री दधातु नौ ॥

**Om Samañjantu vishve devaaḥ samaapo hridyaani nau**
**Sam maatarishvaa sam dhaataa samu deṣhṭree dadhaatu nau**

*O all learned ones present in this yajña! We solemnly declare in your presence that our hearts are harmoniously united together like water from two different sources. May we, by God's grace, remain united and may the divine powers guide us to remain as husband and wife for the rest of our lives.*

ओं    **मम व्रते ते हृदयम् दधामि मम चित्तमनुचित्तम् ते अस्तु**
**मम वाचमेकमना जूषस्व प्रजापतिष्ट्वा नियुनक्तु मह्यम्**

**Om mama vrate te hridayam dadhaami**
**Mama chittam-anuchittam te astu**
**Mama vaachamekamanaa jooṣhasva**
**prajaapati-ṣhṭvaa niyunaktu mahyam**

*May our hearts reamin favorable to each other. May our thoughts be alike, May we respect each other's view points. May we remain helpful to each other.*

## <u>Remembering a departed soul</u> दिवंगत स्मृति

**ओं    पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते**
**पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते**

**Om Poorṇam-adaḥ Poorṇam-idam**
**Poorṇaat-poorṇam-udachyate**
**Poorṇasya Poorṇam-aadaaya**
**Poorṇam-eva-avashiṣhyate**

*O God, your perfection, fullness and completeness in all respects are explicitly and implicitly expressed in your perfect name "Om" and other lesser names, although you are one eternal being. The material and spiritual (prakriti and atma) worlds emanated from you (with perfection) without diminishing your perfection, even a bit and exist as separate eternal entities.*
*The union and separation of these independent and complete (full) entities will continue into eternity without any change of completeness and perfection.*

## <u>Work related to government</u> शासन से शांति

स नः पवस्व शं गवे शं जनाय शमर्वते ।
शंꣳ राजन्नोषधीभ्यः ॥२६॥ —साम० उत्तरा० प्रपा० १। मं० ३॥

**Om Sa naḥ pavas-va sham gave Sham janaaya sham arvate**
**Sham raajan-noṣha-dhee-bhyaḥ.**

*O King!O God! With your Peaceful Flow bring peace to the world of animals, and peace to the world of human beings, too. Peace, indeed, to the world of trees and plants.*

**स्वस्ति प्रजाभ्यः परिपालयन्तां न्याय्येन मार्गेण महीं महीशाः**
**गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनो भवन्तु**

**Om Svasti prajaa-bhyaḥ pari-paala-yan-taam**
**Nyaay-yena maargeṇa maheem maheeshaaḥ**
**Go-braahmaṇ-ebhyaḥ shubham astu nityam**
**Lokaaḥ samastaḥ sukhino bhavantu**

*May there be happiness for all people. May the rulers righteously rule. May there be enough for all, animals and human, at all times. May all beings be happy.*

**आ ब्रह्मन् ब्राह्मणो ब्रह्मवर्चसी जायतामा राष्ट्रे राजन्यः शूरऽइषव्योऽतिव्याधी महारथो जायतां दोग्ध्रीं धेनुर्वोढा-नड्वानाशुः सप्तिः पुरन्धिर्योषा जिष्णू रथेष्ठाः सभेयो युवास्य यजमानस्य वीरो जायतां निकामे निकामे नः पर्जन्यो वर्षतु फलवत्यो नऽओषधयः पच्यन्तां योगक्षेमो नः कल्पताम् ॥२२॥**

**Om aa brahman braahmaṇo brahma varchasee jaayataamaa raaṣhṭre**
**raajanyaḥ shoora' iṣhavyo'ti vyaadhee mahaaratho jaayataam**
**dogdhree dhenur voḍhaana ḍvaanaashuḥ saptiḥ purandhir yoṣhaa**
**jiṣhṇoo ratheṣhṭhaaḥ sabheyo yuvaasya yajamaanasya veero**
**jaayataam nikaame nikaame naḥ parjanyo varṣhatu falavatyo na'**
**oṣhadhayaḥ pachyantaam yogakṣhemo naḥ kalpataam**

YV 22:22

Lord Supreme of the visible and invisible worlds, in this country of ours and throughout the World, let the Brahmanas develop as a community of brilliant individuals of Dharma, illustrious scholars of universal knowledge. Let the Kshatriyas rise as a force of heroic protectors for the nation. May the cows be fertile and abundant in milk, other domesticated animals be healthy and contribute to our welfare; our women and men in society kind and generous; may our children be brave and fearless, perform their duties, in keeping with Dharma.

May the clouds provide showers for us according to the need of the season. May the herbs and trees mature and ripen with abundant fruits. May this land, and all others, be blessed with a ceaseless cycle of growth, prosperity, happiness, and protection for the benefit of all.

## New Vehicle नवीन वाहन

**ओं सुत्रा-माणम् पृथिवीं द्याम् अनेहसम् सुशर्माणम् अदितीम् सुप्रणीतिं**
**दैवीं नावम् स्वरित्राम् अनागसम् अस्रवंतीं आरू-हेमा स्वस्तये**

**Om Sutra-maaṇam prithiveem dyaam anehasam**
**susharmaaṇam aditeem supraṇeetim**
**daiveem naavam swaritraam anaagasam**
**asra-wanteem aaroo-hemaa swastaye**

*Sprinkle water in all four walls of the vehicle*

**East**

**ओं श्रीश्च त्वा यशश्च पूर्वे संधौ गोपायेताम्**

**Om Shreeshcha twaa yashashcha poorve sandhau gopaayetaam**

**South**

**ओं यज्ञश्च त्वा दक्षिणा च दक्षिणे संधौ गोपायेताम्**

**Om yajñash cha twaa dakṣhinaa cha dakṣhine sandhau gopaayetaam**

**West**

**ओं अन्नन् च त्वा ब्राह्मणश्च च पश्चिमे संधौ गोपायेताम्**

**Om annan cha twaa braahmaṇsh cha pashchime sandhau gopaayetaam**

**North**

**ओं ऊर्क् च त्वा सूनृता च उत्तरे संधौ गोपायेताम्**

**Om oork cha twaa soonritaa cha uttare sandhau gopaayetaam**

## बलि वैश्वदेव यज्ञ विधिः Balivaishvadeva Yajña Vidhiḥ

– Prayers for feeding Animals and Birds
Offer oblations of Ghee and kheer with the following Mantras:-

ओमग्नये स्वाहा ॥ १ ॥ ओं सोमाय स्वाहा ॥ २ ॥ ओमग्नीषोमाभ्यां स्वाहा ॥ ३ ॥ ओं विश्वेभ्यो देवेभ्यः स्वाहा ॥ ४ ॥ ओं धन्वन्तरये स्वाहा ॥ ५ ॥ ओं कुह्वै स्वाहा ॥ ६ ॥ ओमनुमत्यै स्वाहा ॥ ७ ॥ ओं प्रजापतये स्वाहा ॥ ८ ॥ ओं सह द्यावापृथिवीभ्यां स्वाहा ॥ ९ ॥ ओं स्विष्टकृते स्वाहा ॥ १० ॥

**1. Om agnaye swaahaa**
**2. Om somaaya swaahaa**
**3. Om agneeṣhomaabhyaam swaahaa**
**4. Om vishvebhyodevebhyaḥ swaahaa**
**5. Om dhanvantaraye swaahaa**
**6. Om kuhvai swaahaa**
**7. Om anumatyai swaahaa**
**8. Om prajaapateye swaahaa**
**9. Om saha dyaavaa-prithivee-bhyaam swaahaa**
**10. Om swiṣhṭa krite swaahaa**

Afterwards give the sweet rice to birds and animals, fish and the poor with the following Mantras:-

ओं सानुगायेन्द्राय नमः ॥ ओं सानुगाय यमाय नमः ॥ ओं सानुगाय वरुणाय नमः ॥ ओं सानुगाय सोमाय नमः ॥ ओं मरुद्भ्यो नमः ॥ ओम् अद्भ्यो नमः ॥ ओं वनस्पतिभ्यो नमः ॥ ओं श्रियै नमः ॥ ओं भद्रकाल्यै नमः ॥ ओं ब्रह्मपतये नमः ॥ ओं वास्तुपतये नमः ॥ ओं विश्वेभ्यो देवेभ्यो नमः ॥ ओं दिवाचरेभ्यो भूतेभ्यो नमः ॥ ओं नक्तञ्चारिभ्यो भूतेभ्यो नमः ॥ ओं सर्वात्मभूतये नमः ॥ ओं पितृभ्यः स्वधायिभ्यः स्वधा नमः ॥ १-१६ ॥

| | |
|---|---|
| **1. Om saanugaay-endraaya namaḥ** | East |
| **2. Om saanugaaya yamaaya namaḥ** | South |
| **3. Om saanugaaya varuṇaaya namaḥ** | West |
| **4. Om saanugaaya somaaya namaḥ** | North |
| **5. Om marudbhyo namaḥ** | Aerial region |
| **6. Om adbhyo namaḥ** | Aqueous region |
| **7. Om vanaspatibhyo namaḥ** | Vegatations |
| **8. Om Shriyai namaḥ** | South-east |
| **9. Om bhadrakaalyai namaḥ** | North-east |
| **10. Om brahma-pataye namaḥ** | |
| **11. Om Vaastupataye namaḥ** | Middle |
| **12. Om Vishvebhyo devebhyo namaḥ** | |
| **13. Om divaacharebhyo bhootebhyo namaḥ** | |
| **14. Om naktañ chaaribhyo bhootebhyo namaḥ** | Upper region |
| **15. Om sarvaatmabhootaye namaḥ** | Back |
| **16. Om pitribhyaḥ svadhaayibhyaḥ svadhaa namaḥ** | South |

शुनां च पतितानां च श्वपचां पापरोगिणाम्।
वायसानां कृमीणां च शनकैर्निर्वपेद् भुवि॥[1]

**Shunaam cha patitaanaam cha shva-pachaam paapa-rogiṇaam**
**Vaaya-saanaam krimeeṇaam cha shan-akair-nirva-ped bhuvi**

Divide the remaining portion of kheer into six parts and serve the same to dogs, poor people, ants, crows, etc., birds and animal and make them happy.

## पूर्णाहुति रूप आघारावाज्यभागाहुति

**POORṆAAHUTI ROOPA, AAGHAA-RAAV AAJYA-BHAAG AAHUTI**

*Completion Procedure - Offerings for Perfection Four Oblations of Ghee*

**ओम् अग्नये स्वाहा ॥ इदमग्नये इदन्न मम ॥**

47. **Om agnaye swaahaa,** (Offer onto the fire, to the North)
**Idam agnaye, idanna mama.**
Unto **Agni**, the force of cosmic strength, is this offering truthfully made. Swaahaa

**ओं सोमाय स्वाहा ॥ इदं सोमाय इदं न मम ॥**

48. **Om somaaya swaahaa,** (South)
**Idam somaaya, idanna mama.**
Unto **Soma**, the force of cosmic harmony, is this offering truthfully made.

**ओं प्रजापतये स्वाहा ॥ इदं प्रजापतये इदन्न मम ॥**

49. **Om pajaapataye swaahaa.** (Center)
**Idam prajaapataye, idanna mama.**
Unto **Prajaapati**, the force of cosmic creation, is this offering truthfully made.

**ओम् इन्द्राय स्वाहा ॥ इदमिन्द्राय इदन्न मम ॥**

50. **Om indraaya swaahaa.** (Center)
**Idam indraaya, idanna mama.**
Unto **Indra**, the force of cosmic control, is this offering truthfully made.

## व्याहृति आहुति VYAAHRITI AAHUTI:

Make *Oblations of Ghee with the Vyaahritis (**Bhooḥ, Bhuvaḥ,** and **Swaḥ**).*

**ओं भूरग्नये स्वाहा ॥ इदमग्नये इदन्न मम ॥**

51. **Om bhoor agnaye swaahaa, Idam agnaye, idanna mama.**
May Om, God, be in my earthly fire of consciousness. So do I make this truthful offering. Swaahaa

**ओं भुवर्वायवे स्वाहा ॥ इदं वायवे इदन्न मम ॥**

52. **Om bhuvar vaayave swaahaa, Idam vaayave, idanna mama.**
May Om be in the airs of my skies. So do I make this truthful offering; swaahaa.

**ओं स्वरादित्याय स्वाहा ॥ इदमादित्याय इदन्न मम ॥**

53. **Om swar aadityaaya swaahaa, Idam aadityaaya, idanna mama.**
May I enjoy the bliss of the heavenly sun, that is born of the Universal Indivisible Mother; so do I truthfully make this offering. Swaahaa

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ॥ इदमग्नि-वाय्वादित्येभ्यः इदं न मम ॥

**54. Om bhoor bhuvaḥ svaragni vaayvaa-dityebhyaḥ swaahaa.**
**Idam agni vaayvaa-dityebhyaḥ, idanna mama.**

**May Om, God, be in my earthly fire of consciousness, in the airs of my skies, in the Bliss of my heavenly sun; so do I truthfully make this offering. Swaahaa**

## अथ ब्रह्म गायत्री सावित्री गुरु मंत्र

## ATHA BRAHMA GAAYATREE SAAVITREE GURU MANTRA

*Oblation with Ghee and Saamagree.*

ओ३म्, (यजु० अ० ४० । मं० १७) भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात् ॥

यजुः० अ० ३६ । मं० ३ ॥ ऋ० मं० ३ । सू० ६२ । मं० १० ॥

**55. Om bhoor bhuvaḥ swaḥ,** YV 36:3; RV 3:62:10
**Tat savitur vareṇyam**
**bhargo devasya dheemahi**
**Dhiyo yo naḥ pracho-dayaat swaahaa.**

*God is dear to me like my own breath. He is the Dispeller of my pains, and the giver of happiness. I meditate on the supremely adorable Light of the Divine Creator, that It may inspire my thought and understanding.*

*O Soul of Life! The Holy King of kings!*
*O God of all the regions, high and low!*
*O Lord of joy, Whose Glory Nature sings,*
*Who shapes the earth and lets the mortals grow.*

*We seek Thy blessed Feet to meditate*
*Upon Thy Glorious Form of Holy Light!*
*Which drives away the gloom of sins we hate,*
*And makes the souls of righteous people bright.*

*My heart, O Father, meekly prays to Thee*
*To win Thy grace, to make me good and wise,*
*And bless my mind, with knowledge, full and free*
*From dark and vicious thoughts of sins and lies.*
*Yes, From dark and vicious thoughts of sins and lies.*

**पूर्णाहुति POORṆAAHUTI:** Final Oblation for Completion.

**Chant thrice, each time offering** Ghee **and** Saamagree. Offer all of the remaining ghee and saamagree with the third chant.

# ओं सर्वं वै पूर्णꣳ स्वाहा ॥

**56. Om sarvam vai poorṇaṃ swaahaa**

***All is perfect; all is complete.***
***Indeed, all is final; all is complete.***
***May the perfection and completeness of this ancient Vedic ritual***
***Become a part of my personality***.

## अथ मुख स्पर्शः ATHA MUKHA SPARSHAḤ

*With out-stretched palms facing the holy fire, chant each of the following mantras and pass heated palms, which were lightly coated with Ghee, over your face:*

**1)** ओं तनूपा अग्नेऽसि तन्वं पाहि

**Om tanoopaa agne `si tanvam me paahi**

**2)** ओं आयुर्दा अग्नेऽस्यायुर्मे देहि

**Om aayur-daa agne `sy-aayur me dehi**

**3)** ओं वर्चोदा अग्नेऽसि वर्चो मे देहि

**Om varcho-daa agne `si varcho me dehi**

4) ओम् अग्नेयन्मे तन्वा ऊनं तन्म आपृण

**Om agne yan-me tanvaa oonam tan-ma aa-priṇa**

**5)** ओं मेधां मे देवः सविता आदधातु

**Om medhaam me devaḥ savitaa aa-da-dhaatu**

**6)** ओं मेधां मे देवी सरस्वती आदधातु

**Om medhaam me devee saraswatee aa-da-dhaatu**

**7)** ओं मेधां मे अश्विनौ देवावाधत्तां पुष्करस्रजौ

**Om medhaam me ashvi-nau devaa-vaa-dhattaam puṣh-kara-srajau**

*O Agni! O God, You are the Protector of the all bodies - protect my body. You are the Giver of long life - give unto me long and healthy life. You are the Source of brilliance - let Your brilliance radiate in me. Fulfill any deficiency I have in my personality and O God, Radiant Creator, Radiant Mother of Wisdom! O Teachers and Preachers! Sustain divine, sanctified intellect in me.*

## अथ अंग स्पर्शः ATHA AṄGA SPARSHAḤ

***With both palms, touch the body-limbs indicated.***

**1)** ओं वाक् च म आप्यायताम्

**Om vaak cha ma aa-pyaa-ya-taam.** (*Lips)*

**2)** ओं प्राणश्च म आप्यायताम्

**Om praa-ṇash cha ma aa-pyaa-ya-taam.** (*Nostrils)*

**3)** ओं चक्षुश्च म आप्यायताम्

**Om chak-ṣhush cha ma aa-pyaa-ya-taam.** *(Eyes)*

4) ओं श्रोत्रम् च म आप्यायताम्

**Om shro-tram cha ma aapyaa-ya-taam.** *(Ears)*

**5)** ओं यशो बलम् च म आप्यायताम्

**Om yasho-balam cha ma aa-pyaa-ya-taam.** (*Shoulders)*

*O God! Let my speech find fulfilment. Let my breathing, seeing, and hearing be fulfilled. Let my arms earn me fame and strength.*

## अथ वाम देव्य गानम् ATHA VAAMA-DEVYA-GAANAM –

The Song of Rishi Vaama-deva.

Chant the following at the very end of the Yajña or Sanskaar.

ओं भूर्भुवः स्वः । कया नश्चित्र आ भुवदूती सदावृधः सखा।
कया शचिष्ठया वृता ॥१॥

**1. Om bhoor bhuvaḥ swaḥ,**
**Kayaa nash chitra aa-bhuvad-ootee sadaa-vridhaḥ sakhaa,**
**Kayaa shachiṣh-ṭhayaa vritaa**

*God resides in each of us, causing us to steadily progress. Through what kind of help would He become our Friend? Answer: Through us recognizing His Presence that will make us most happy. May we be worthy of His countless forms of help, because they are always there.*

ओं भूर्भुवः स्वः । कस्त्वा सत्यो मदानां मꣳहिष्ठो मत्सदन्धसः।
दृढा चिदारुजे वसु ॥२॥

**2. Om bhoor bhuwaḥ swaḥ,**
**Kas twaa satyo madaanaam maṅ hish-ṭho matsad andhasaḥ**
**Driḍhaa chid aaruje vasu.**

*Among the delightful things of this world, what will make you genuinely and abundantly happy? Answer: The power that comes from devotion that would help us snap asunder the heaviest of chains which keep us bound to ignorance.*

ओं भूर्भुवः स्वः । अभी षु णः सखीनामविता जरितॄणाम्।
शतं भवास्यूतये ॥३॥

**3. Om bhoor bhuvaḥ swaḥ,**
**Abhee ṣhu ṇaḥ sakheenaam avitaa jari-treeṇaam**
**Shatam bhawaas-yoo taye.**

*O God! We seek to be Your friends who sing Your praises. O Supreme Protector! You come to us with countless forms of help.*

## यज्ञ प्रार्थना भजन

# Yajñ Praarthanaa – Bhajan

**Poojaneey Prabhu**

***पूजनीय प्रभु हमारे भाव उज्ज्वल कीजिए,***
***छोड़ देवे छल-कपट को, मानसिक बल दीजिए***

***Poojneey prabhu hamaare bhaav ujjwal keeji-e,***
***Chhoḍ deve chhal-kapaṭ ko, maansik bal deeji-e.***
*Venerable Lord, make our intentions clear so that we may be free from deception; give us mental strength*

***वेद की गावे ऋचाए, सत्य को धारण करे,***
***हर्ष मे हो मग्न सारे, शोक सागर से तरे***

***Ved kee gaave richaaye, saty ko dhaaran kare,***
***Harṣh me ho magn saare, shok saagar se tare.***
*May we chant the Vedic hymns and uphold truth, let all be immersed in joy and cross beyond the sea of grief.*

***अश्वमेधादिक रचाए, यज्ञ पर उपकार को,***
***धर्म मर्यादा चलाकर, लाभ दे संसार को***

***Ashva-medhaa-dik rachaa-e, yajñ par-upkaar ko,***
***Dharm maryaadaa chalaakar, laabh de sansaar ko.***

*May we organize Vedic Yajñas to ensure well-being for all. Living within the boundaries of righteousness, may we be of benefit to the world.*

***नित्य श्रद्धा भक्ति से, यज्ञादि हम करते रहे***
***रोग पीड़ित विश्व के, संताप सब हरते रहे***

***Nity shraddhaa bhakti se, yajñaadi ham karte rahe***
***Rog peeḍit vishva ke, santaap sab harte rahe.***

*Regularly may we perform yajñas with faith and devotion.. May the disease afflicted world be free from all pains.*

***भावना मिट जाए मन से, पाप अत्याचार की***
***कामनाए पूर्ण होवे, यज्ञ से नर-नारी की***

***Bhaavanaa mit jaa-e man se, paap atyaachaar kee***
***Kaama-naa-e poorṇ hove, yajñ se nar-naaree kee.***

*Let our mind be free from the sins of lust and atrocity. Let the desires of all people be filled through Yajña.*

***लाभकारी हो हवन, हर जीव-धारी के लिए***
***वायु जल सर्वत्र हो, शुभ गन्ध को धारण किए.***

***Laabha-kaaree ho havan, har jeev-dhaaree ke liye***
***Vaayu jal sarvatr ho, shubh gandh ko dhaaraṇ ki-e.***

*May the Hawan we perform be beneficial to all living organisms. May the wind and water everywhere maintain sweet odour.*

***स्वार्थ-भाव मिटे हमारा, प्रेम पथ विस्तार हो***
***'इदन्न मम' का सार्थक, प्रत्येक मे व्यवहार हो***

***Svaarth-bhaav miṭe hamaaraa, prem path vistaar ho***
***'Idann mama' kaa saarthak, pratyek me vyava-haar ho.***

*May our selfish intentions be wiped away and the path of love be extended. Let unselfish and useful attitudes prevail in all our dealings*

.

***हाथ जोड़ झुकाए मस्तक, वंदना हम कर रहे***
***नाथ करुणा रूप करुणा, आप की सब पर रहे***

***Haath joḍ jhukaa-e mastak, vandanaa ham kar rahe***
***Naath karuṇaa roop karuṇaa, aap kee sab par rahe.***

*With folded hands and bowed heads we pay obeisance to Thee. Let Thy Lordly Form of compassion prevail on us all.*

# Prayer for Universal Happiness विश्व कल्याण प्रार्थना

**ओम् असतोमा सद्गमय। तमसोमा ज्योतिर्गमय। मृत्योर्माऽमृतं गमय॥**

**Om Asato maa sad gamaya, Tamaso maa jyotir gamaya,**
**Mrityormaa 'mritam gamaya.**

*O great divinity, may me move from untruth to truth; from darkness of ignorance to the light of knowledge and wisdom; from death (caused by restricted & limited knowledge) to immortality (which results in liberation through bountiful and unlimited knowledge).*

**ओं सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।**
**सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभाग्भवेत् ।**

**Om Sarve bhavantu sukhinaḥ, Sarve santu niraama-yaaḥ**
**Sarve bhadraaṇi pashyantu, Maa kash-chid duḥkha bhaag bhavet**

| | |
|---|---|
| **सब का भला करो भगवान, सब पर दया करो भगवान,<br>सब को दो वेदो का ज्ञान, सब का सब विध हो कल्याण.<br>हे ईश सब सुखी हो, कोई ना हो दुखारी, सब हो निरोग भगवन,<br>धन धान्य के भंडारी, सब भद्र भाव देखे, सन्मार्ग के पथिक हो, दुखिया ना कोई होवे, सृष्टि मे प्राण धारी** | ***Sab kaa bhalaa karo bhagavaan, sab par dayaa karo bhagavaan,<br>Sab ko do vedo kaa jñaan, sab kaa sab vidh ho kalyaaṇ.<br><br>He eesh sab sukhee ho, ko-ee Na ho dukhaa-ree, Sab ho nirog bhagavan,<br>Dhan dhaany ke bhanḍaa-ree, Sab bhadr bhaav dekhe, san-maarg ke pathik ho, Dukhiyaa na ko-ee howe, Srishṭi me praaṇ-dhaaree*** |

*Bless everyone, O God,! Grant mercy to all, O God*
*Give Vedic Wisdom to all, and let all be completely happy.*
*O Lord! May all creatures be happy, and may no one be afflicted with pain.*
*May everyone be rid of illnesses, and filled with all kinds of riches.*
*May all see only that which is auspicious, and may all walk on the path of virtue.*
*O Sustainer of the Cosmic Breath, may no one be in calamity and distress.*

**ओ३म् शान्तिश्शान्तिश्शान्तिः ॥**

**Om Shaantish Shaantish Shaantiḥ**

# Iti Agnihotram.

*Here comes to an end the Agnihotra Cermony.*

# आरती भजन Aaratee Bhajan

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|---|---|
| ओम जय जगदीश हरे, स्वामी जय जगदीश हरे<br>भक्त जनो के संकट, क्षण मे दूर करे.<br>जो ध्यावे फल पावे, दुख विनशे मन का<br>सुख संपति घर आवे, कष्ट मिटे तन का<br>मात पिता तुम मेरे, शरण गहूँ किसकी<br>तुम बिन और ना दूजा, आस करूँ जिसकी.<br>तुम पूरण परमात्मा, तुम अंतर्यामी<br>पार-ब्रह्म परमेश्वर, तुम सबके स्वामी.<br>तुम करुणा के सागर, तुम पालन कर्ता<br>दीन दयाल कृपालु, कृपा करो भर्ता.<br>तुम हो एक अगोचर, सब के प्राण-पति<br>प्रकाश मय जगदीश्वर दीजे मोहे सुमति<br>दीन-बंधु दुख-हरता, तुम रक्षक मेरे<br>करुणा हस्त बढ़ाओ, द्वार पड़ा तेरे.<br>विषय विकार मिटाओ, पाप हरो देवा<br>श्रद्धा भक्ति बढ़ाओ, सन्तन की सेवा<br>तन मन धन सब है तेरा, स्वामी सब कुछ है तेरा<br>तेरा तुझको अर्पण क्या लागे मेरा. | *Om jay jagadeesh hare, svaamee jay jagadeesh hare*<br>*Bhakt jano ke saṅkaṭ, kṣhan me door kare.*<br>*Jo dhyaave phal paave, dukh vinashe man kaa*<br>*Sukh sampati ghar aave, kaṣhṭ miṭe tan kaa.*<br>*Maat pitaa tum mere, sharaṇ gahoon kiskee*<br>*Tum bin aur naa doojaa, aas karoon jiskee.*<br>*Tum pooraṇ paramaa'tmaa, tum antaryaamee*<br>*Paar-brahm parameshvar, tum sabke svaamee.*<br>*Tum karuṇaa ke saagar, tum paalan kartaa*<br>*Deen dayaal kripaalu, kripaa karo bhartaa.*<br>*Tum ho ek agochar, sab ke praaṇ pati*<br>*Prakaash may jagadeeshwar deeje mohe sumatee.*<br>*Deen-bandhu dukh hartaa, tum rakṣhak mere*<br>*Karuṇaa hast baḍhaa-o, dvaar paḍaa tere.*<br>*Viṣhay vikaar mitaa-o, paap haro devaa*<br>*Shraddhaa bhakti baḍhaa-o, santan kee sevaa.*<br>*Tan man dhan sab hai teraa, swaami sab kuch hai teraa*<br>*Teraa Tujhko Arpaṇ kyaa laage meraa.* |

Translation

*O Lord of the universe, Supreme Soul, Dispeller of sorrow, hail unto Thee! May Thy rule of righteousness be established everywhere, for it is Thou Who removes in an instant the agonies of Thy devotees. May Thy kingdom of virtue reign supreme.*

*Whoever meditates upon Thee receives Thy grace. The worries of his mind will disappear; his home is blessed with peace, happiness and plenty and all his bodily pains vanish.*

*Thou art my Mother and Father. Who else's protection can I seek? Besides Thee there is no other in whom I can place my hope.*
*Thou art God perfect, the knower of our innermost thought, the Most Exalted Master of all.*

*Thou art an Ocean of Mercy, the Protector of all. I am Thy servant, Thou my master. Grant me Thy grace. Thou art beyond the knowledge of the senses, Formless Lord of all life!*

*Grant me wisdom that I may have a glimpse of Thee. Thou art the Friend of the helpless and the Dispeller of suffering. Thou art my Savior. Extend Thy hand of mercy, I seek Thy refuge.*

*Help us that we may destroy our base desires and wipe out our sins, through our increase in our faith and devotion to You. May we serve Thee and Thy devotees!*

*Our body, soul and wealth belong to Thee. We offer You all that is yours and feel no attachment to anything.*

## अथ शांति पाठ Atha Shaanti Paaṭha

Final Peace Chant

द्यौः शान्तिरन्तरिक्षँ शान्तिः पृथिवी शान्तिरापः शान्तिरोषधयः
शान्तिः । वनस्पतयः शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः सर्वँ
शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥१८॥
ओ३म् शान्तिश्शान्तिश्शान्तिः ॥

**Om dyauḥ shaantir anta-rikṣhaṃ shaantiḥ**
**Prithivee shaantir aapaḥ shaantir oṣha-dhayaḥ shaantiḥ,**
**Vanas-patayaḥ shaantir vishve devaaḥ shaantir brahma shaantiḥ**
**Sarvaṃ shaantiḥ**
**shaantireva shaantiḥ**
**Saa maa shantiredhi**

**Om Shaantish** – May Peace come to us from all Cosmic Forces!
**Shaantish** – May Peace come to us from all living creatures!!
**Shaantiḥ** – May Peace come to us from our inner self!!!

*Peace in heaven, in the sky and on earth. Let waters flow to quench our thirst for peace. Let all trees and plants provide cool shade for a peaceful humanity. Let peace be in the hearts of all educated men, for them to share it with troubled minds. God is the Source of peace, and His Divine Speech, Veda, points the way to that peace. May that peace extend its influence in every nook and corner of this globe. Let there be peace and only peace. May that peace come to me, too.*

**जय घोष Jay Ghoṣh**

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|---|---|
| *प्रेम से बोलो ओंकार भगवान की ज़य* | *Prem se bolo Omkaar bhagwaan kee jay* |
| *आर्य समाज की ज़य* | *Arya samaaj kee jay* |
| *महर्षि दयानंद की जय* | *Maharṣhi Dayaanand kee jay* |
| *मर्यादा पुरुषोत्तम श्री रामचंद्र की ज़य* | *Maryadaa puruṣhottam Shree Raamchandr kee jay* |
| *योगेश्वर श्री कृष्ण की ज़य* | *Yogeshwar Shree Kriṣhṇ kee jay* |
| *सत्य सनातन वैदिक धर्म की ज़य* | *Saty Sanaatan vaidik dharm kee jay* |
| *धर्मभूमि भारत माता की ज़य* | *Dharmabhoomi Bhaarat maataa kee jay* |
| *कर्मभूमि अमेरिका माता की ज़य* | *Karmabhoomi America maataa kee jay* |

## भोजन मंत्र MEAL TIME MANTRA

ओम् अन्नपतेऽन्नस्य नो देह्यनमीवस्य शुष्मिणः ।
प्र प्र दातारं तारिषऽ ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

**Om annapate 'nnasya no dehya**
**na-mee-vas-ya shuṣhmiṇaḥ,**
**Pra pra daataaram taariṣha'**
**oorjan no dhehi dvi-pade cha-tuṣhpade.**

*O Lord of Grains! May we be provided with grains to eat that are healthy and nutritious. May you take that person across the ocean of this world, who makes a gift of grains to someone else in need. Let all living creatures, bipeds and quadrupeds, consuming grains be filled with energy.*

## भोजन समाप्ति मंत्र MEAL COMPLETION MANTRA

ओं मोघमन्नं विन्दते अप्रचेताः सत्यं ब्रवीमि वध इत् स तस्य ।
नार्यमणं पुष्यति नो सखायं केवलाघो भवति केवलादी ॥

RV10:117:6

**Om mogham annaṃ vindate aprachetaaḥ**
**satyaṃ braveemi vadha it sa tasya**
**naaryamaṇaṃ puṣhyati no sakhaayaṃ**
**kevalaagho bhavati kevalaadee.**

*The person of low intelligence and short vision who gets food in vain (i.e. without proper effort) and prosperity for nothing, verily I say that prosperity is his/her ruin, his/her very death in life. He/she prospers not who helps not a friend or the wise; eating alone, one eats nothing but sin.*

## *Prayer for Common Understanding* सामाजिक सौहार्द

**संसमिद्युवसे वृषन्नग्ने विश्वान्यर्य आ। इळस्पदे समिध्यसे स नो वसून्या भर॥**

1. **Om sam-samid-yuvase, vriṣhnn-agne vishvaan-yarya aa.**
   **Ḷḷaspade samidh-yase, sa no vasoon-yaa bhara.**
   ***हे प्रभू तुम शक्ति शाली, हो बनाते सृष्टि को***
   ***वेद सब गाते तुम्हे है कीजिए धन वृष्टि को***

   ***He prabhoo tum shakti shaalee, ho banaate sriṣhṭi ko***
   ***Ved sab gaate tumhe hai keeji-e dhan vriṣhṭi ko***

   *O Most Merciful and omnipresent God. Thou art the Creator of the world. Thy Vedas and sages sing Thy praises. We humbly thank Thee for Thy blessed gift of life and guidance. We pray Thee, dear Father, that You lead us on the path of righteousness and to shower abundance of riches on us.*

**सं गच्छध्वं सं वदध्वं सं वो मनांसि जानताम्।**
**देवा भागं यथा पूर्वे संजानाना उपासते॥**

2. **Om sam gach-chha-dhvam sam vada-dhvam, Sam vo manaansi jaanataam**
   **Devaa bhaagam yathaa poorve, Sañ jaa-naa-naa upaasate.**
   ***प्रेम से मिलकर चलो बोलो सभी ज्ञानी बनो***
   ***पूर्वजो की भाँति तुम कर्तव्य के मानी बनो***

   ***Prem se milkar chalo bolo sabhee jñaanee bano***
   ***Poorvajo kee bhaantee tum kartavy ke maanee bano***

   *May we assemble and march forward with a common purpose. May we confer together with open minds and work together harmoniously for common good. May we pool our thoughts for integrated wisdom, and work collectively for higher ideals, because our ancestors achieved their high eminence and fortune working in unity.*

**समानो मन्त्रः समितिः समानी समानं मनः सह चित्तमेषाम्।**
**समानं मन्त्रमभिमन्त्रये वः समानेन वो हविषा जुहोमि॥**

3. **Om samaano mantraḥ samitiḥ samaanee**
**Samaanam manaḥ saha chittam-eṣhaam**
**Sa-maa-nam mantram abhi-man-traye vaḥ**
**Sa-maanena vo havi-ṣhaa juhomi**
***हो विचार समान सबके, चित्त मन सब एक हो***
***ज़ान देते हो बराबर, भोग्य पा सब नेक हो***

***Ho vichaar samaan sabhke, chitt man sab eka ho***
***Jñaan dete ho baraa-bar, bhogy paa sab nek ho***

*May our prayers be one and the same; May we belong to one fraternity; May our minds move in accord, and hearts work in unison for one supreme goal. Let us be inspired for one common ideal.*

**समानी व आकूतिः समाना हृदयानि वः ।**
**समानमस्तु वो मनो यथा वः सुसहासति ॥**

4. **Om sa-maa-nee va aakootiḥ, samaanaa hri-dayaa-ni vaḥ**
**Sa-maa-nam astu vo mano, yathaa vaḥ su-sa-haasati.**
***हो सभी के दिल तथा संकल्प अविरोधी सदा***
***मन भरे हो प्रेम से जिससे बढ़े सुख संपदा***

***Hoo sabhee ke dil tathaa saṅkalp avi-rodhee sadaa***
***Man bhare ho prem se jis-se baḍhe sukh sampadaa.***

*May our aspirations be perfectly harmonious; May absolute accord reign in our mind; May we divide our wealth equitably among ourselves and reduce disparity; So that we may be welded into strong fellowship and unity.*

## आर्यसमाज के दस नियम

## AARYA SAMAAJ KE DAS NIYAM - THE TEN PRINCIPLES OF A NOBLE SOCIETY

१. सब सत्य विद्या और जो पदार्थ-विद्या से जाने जाते हैं, उन सबका आदिमूल परमेश्वर है।

**1. Sab saty vidyaa aur jo padaarth vidyaa se jaane jaate hain, un sab kaa aadimool parmeshvar hai**

The first (efficient) cause of all true knowledge and all that is known through knowledge is God, the Highest Lord (Parameshvar).

२. ईश्वर सच्चिदानन्दस्वरूप, निराकार, सर्वशक्तिमान्, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य-पवित्र और सृष्टिकर्त्ता है, उसी की उपासना करनी योग्य है।

**2. Eeshvar sach-chid-aanand svaroop, niraakaar, sarva-shaktimaan, nyaaya-kaaree, dayaalu, ajanmaa, anant , nir-vikaar, anaadi, anupam, sarvaa'dhaar, sarve'shvar, sarva-vyaapak, sarva-antaryaamee, ajar, amar, abhay, nity, pavitr aur srişhți-karttaa hai, usee kee upaasanaa karnee yogy hai**

God (Ishwara) is existent, and blissful. He is formless, omniscient, unborn, endless, unchangeable, beginning-less, the support of all, the master of all, omnipresent, immanent, un-ageing, immortal, fearless, eternal, and holy, and the maker of all. He alone is worthy of being worshipped.

३. वेद सब सत्यविद्याओं का पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।

**3. Ved sab saty vidyaaon kaa pustak hai. Ved kaa paḍhanaa, paḍhaanaa aur sunnaa sunaanaa sab aaryon kaa param dharm hai**

Veda is the scripture of all true knowledge. It is the first duty of all Aryas to read them, teach them, recite them, and hear them being read.

४. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।

**4. Saty ke grahaṇ karne, aur asaty ke chhoḍne me sarvadaa udyat rehnaa chaahiye**

One should always be ready to accept truth and give up untruth.

५. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिएँ।

**5. Sab kaam dharmaa'nusaar, arthaat saty aur asaty ko vichaar karke, karne chaahi-e**

One should do everything according to the dictates of Dharma, i.e. after due reflection over right and wrong.

६. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।

**6. Sansaar kaa up-kaar karnaa is samaj kaa mukhy ud-deshy hai, arthaat shareerik, aatmik aur samaajik unnati karnaa**

Doing good to the whole world is the primary objective of this society, i.e. to look to its physical, spiritual and social welfare.

७. सबसे प्रीतिपूर्वक, धर्मानुसार यथायोग्य वर्तना चाहिए।

**7. Sabse preeti-poorvak, dharma-anusaar, yathaayogy varta-naa chaahi-e**

Let thy dealing with all be regulated by love and justice, in accordance with the dictates of Dharma.

८. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।

**8. Avidyaa kaa naash aur vidyaa kee vriddhi karnee chaahi-e**

One should promote knowledge (vidya) and dispel ignorance (avidya).

९. प्रत्येक को अपनी ही उन्नति से सन्तुष्ट न रहना चाहिए, किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।

**9. Pratyek ko apnee hee unnati se santuṣhṭ n rehnaa chaahi-e, kintu sab kee unnatee me apnee unnati samajh-nee chaahi-e**

One should not be content with one's own welfare alone, but should look for one's welfare in the welfare of all.

१०. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतन्त्र रहें।

**10. Sab manuṣhyon ko saamaajik, sarva-hit-kaaree, niyam paal-ne me para-tantr rehnaa chaahi-e, aur pratyek hit-kaaree niyam me sab swa-tantr rahen**

One should regard one's self under restrictions to follow altruistic rulings of society, while in following rules of individual welfare all should be free.